

## Goal Tracking Sheet

**Goal:** I will \_\_\_\_\_  
\_\_\_\_\_

**My strengths:** Write up to 5 skills that are strengths that could help you accomplish this goal.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Skills I need to improve or work around:** Write no more than 3 skills that you might need to improve or work around in order to accomplish this goal.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Activities:** Write an activity that will help you reach your goal.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Next Steps:** Write the Next Steps you will need to do to complete your chosen activity. Write the steps in the order you will do them.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

**Help I need:**

Do you need help to do this activity?     Yes     No

If yes, who could help you? \_\_\_\_\_

**When you've completed this activity:** Write how you will know when you have completed your goal.

\_\_\_\_\_  
\_\_\_\_\_

By completing this activity, did you complete your goal?

Yes, I have demonstrated that I can meet this standard. I am ready to choose another goal in this area or go on to a goal in another transition area.

No, I cannot yet meet this standard. I will choose another activity that will help me accomplish this goal. (Complete a new Tracking Sheet for this same goal and your new activity.)