



NAME: **SAMPLE GOALS**

Goal:	I will define and use 1 to 2 other behaviour/strategies when my daughter refuses to go to bed on time within three months													
	Pre Date:							Post Date:						
	1	2	3	4	5	6	7	1	2	3	4	5	6	7

Category (Circle One)	Methods	Comments
Parenting and Child Development	Talk to people I trust eg Parenting Centre	
Personal and emotional health	Go on facebook with my sister back home	
Community and Neighbourhood networks	Outline a few ideas with the the teacher	
Learning	Agree with my family	
Employment training	Try it out	
Employment		
Health		
Exercise		
Nutrition		
Monitoring		
Housing		
Financial		
Leisure/Hobbies		

Goal:	When thoughts from my daily life interfere with my concentration I will refocus for at least ten minute intervals. I will achieve this over 2 months													
	Pre Date							Post Date:						
	1	2	3	4	5	6	7	1	2	3	4	5	6	7

Category (Circle One)	Methods	Comments
Parenting and Child Development	Check my concentration on every new pose	
Personal and emotional health	Reorient myself by taking cleaning breaths	
Community and Neighbourhood networks	Listen to my heart beat	
Learning	Focus on natural breath	
Employment training	Concentrate on my teacher	
Employment		
Health		
Exercise		
Nutrition		
Monitoring		
Housing		
Financial		
Leisure/Hobbies		

Goals will be **SMART** **Specific** **Measurable** **Achievable** **Relevant** **Time Bound**



COMMUNITY MATTERS TORONTO

neighbours helping neighbours

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