

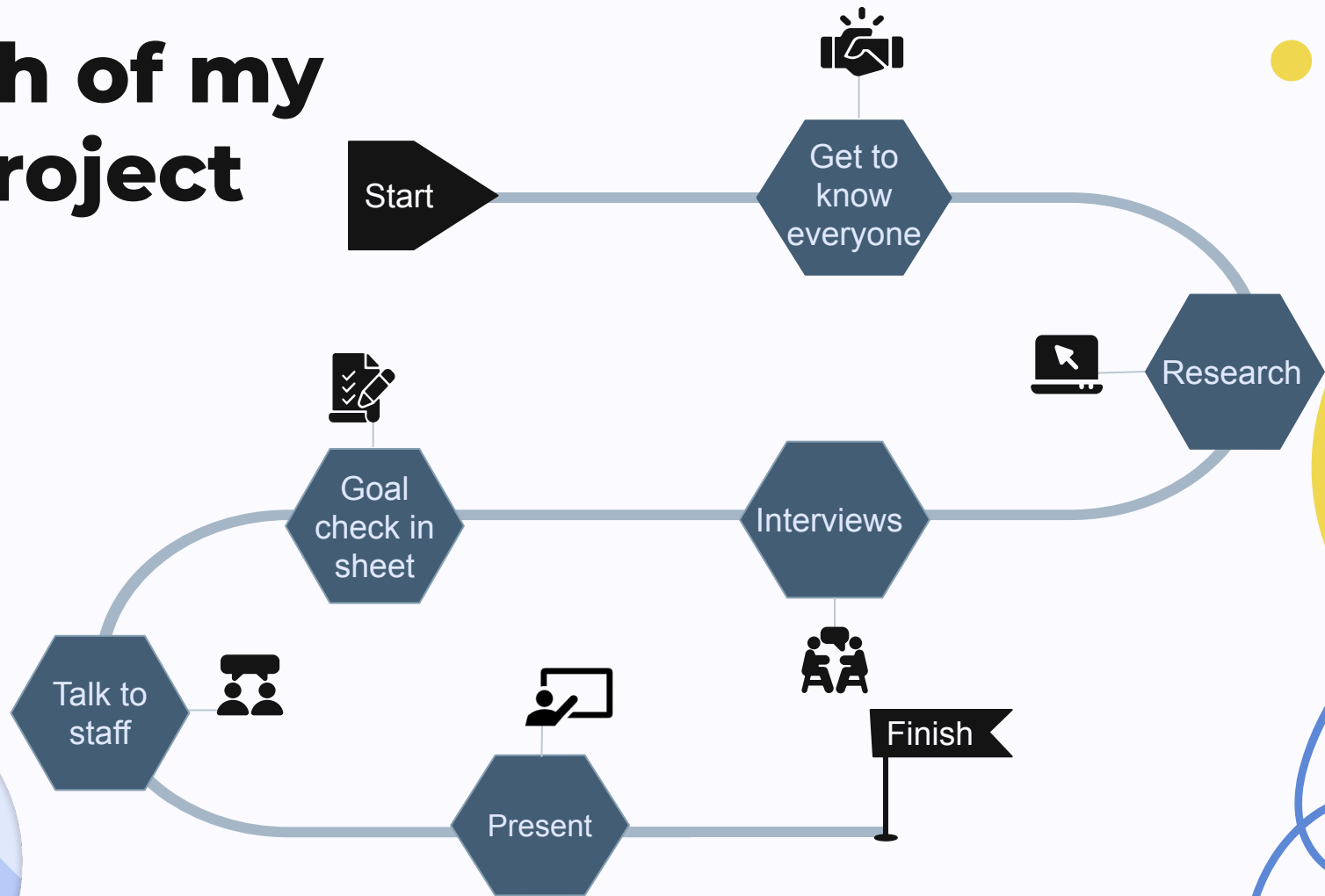


Goals and You!

Kaitlin Kluge, OT/s



Path of my Project





What I Learned from Research





Self-Determination and

1. Choice Making

What are you interested in? What are your intentions?

2. Decision Making

What is important to you? What do you want the outcome to be?

3. Problem Solving







































Is the goal achievable? How can we modify it?



What I learned from you



What are your goals?

Everyday Activities	         	10
Education	   	4
Health Management	    	5
Leisure & Play	       	8
Social Participation	      	7
Work	   	4

What is a Goal?

“Something you
want to do”

“Something that I
want to **achieve**”

“Something that
you’re **doing**”

“Something you’re
working towards”

“A goal is a thing that
we **strive to reach** in
order to **improve**”

“To see what **needs**
to be worked on”

“Something you **earn**”

The importance of goals

“Help **focus** in on something”

“Goals help get a job”

“To get better at things”

“To know what I want to achieve later on”

“I think it’s important to have goals to have a more **meaningful life** and it helps us make practical decisions”

“To get to do the fun stuff you want to do after”

“There’s always **room for improvement** to learn more”

“Gives you something to **work for**”

When is it time for a new goal?

“When there’s something else I want to work on”

“Do it and **get used to it**”

“When you run out of things to do”

“When you **mastered it** or **completed it**. When it’s like **clockwork** and grilled in your head”

“When I’m ready”

When someone tells me I need a new one

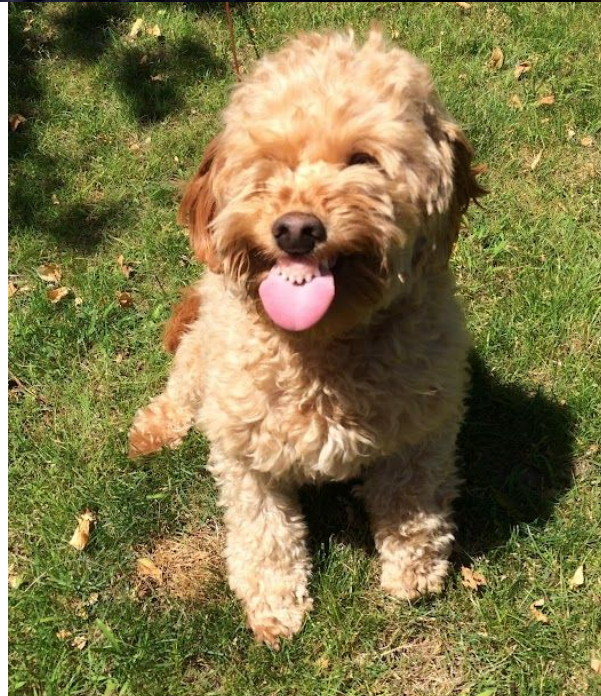
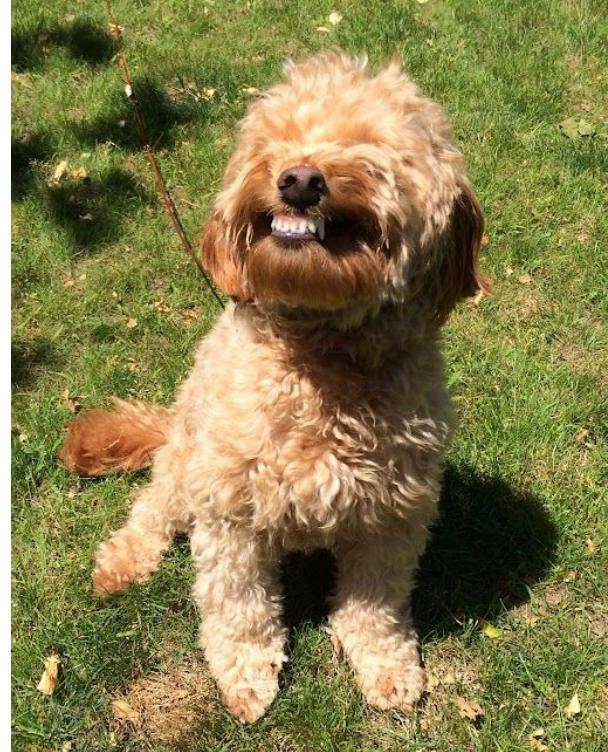
“When you get used to it”





Thanks!

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**Bonus Pennie
Pictures!!**