

# GRaduating to ADult care

## VALUES, GOALS, & HEALTH

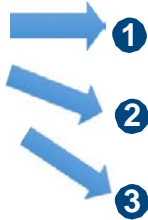
Name: \_\_\_\_\_

Date: \_\_\_\_\_

### MY VALUES

Part I: Review the list of values and select the 5 that are most important to you :

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_



### MY GOALS

Part II: Think about goals you have that go along with your values. The goal might be anything you think fits with your value. **For your 3 top values, create a related goal in the table below:**

|   |  |
|---|--|
| 1 |  |
| 2 |  |
| 3 |  |

What is your vision for the future? How do you see yourself in 1 year? In 3 years? In 10?

|  |
|--|
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### MY HEALTH & MY GOALS

Part III: How might your health condition impact achieving your goals and vision for the future?

| Vision/Goal: | The ways in which my health may influence my achieving goals and my vision: |
|--------------|---|
|              |   |
|              |   |
|              |   |

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## SMART GOAL WORKSHEET

Name: \_\_\_\_\_

Date: \_\_\_\_\_

This worksheet can be used to develop clearly defined, effective goals.

**SMART:** Specific, Measurable, Attainable, Realistic, and Timely.

|  |   |
|--|---|
| <b>S</b><br><b>SPECIFIC</b><br><i>What am I going to do?<br/>Why is this important to do<br/>at this time? What do I want<br/>to ultimately accomplish?<br/>How am I going to do it?</i> | <b>EXAMPLES:</b><br>Goal: Develop rewarding and supportive relationships<br>I will befriend two peers (who I like but don't know very well) in a new club I joined. I will ask them to hang out after school by the end of the year.<br><br>Goal: Improve soccer skills<br>I will practice soccer 3x per week for an hour for the next 6 months, so I will have increased endurance and speed by the time I try out for the June soccer league                                  |
| <b>M</b><br><b>MEASURABLE</b><br><i>How will I know I have<br/>reached my goal?</i>  | Goal: Develop rewarding and supportive relationships<br>I will have gotten to know two peers in the club by the winter quarter and asked them to hang out outside of school at least 2x by the end of the spring quarter.<br><br>Goal: Improve soccer skills<br>I will mark each time I practice soccer on my calendar to keep track.   |
| <b>A</b><br><b>ATTAINABLE</b><br><i>Can I see myself<br/>achieving this goal? Can I<br/>break it down into<br/>manageable pieces?</i>  | Goal: Develop rewarding and supportive relationships<br>I will initiate conversations with these two peers over the next three weeks, and get to know these two peers by the end of the winter quarter.<br><br>Goal: Improve soccer skills<br>I will practice soccer after school and after homework is completed 3x per week for the next 6 months. I love playing soccer, so I will use this as fun time after school/schoolwork! I feel pretty confident that I can do this. |
| <b>R</b><br><b>REALISTIC</b><br><i>Is the goal too difficult to<br/>reach? Too easy?</i>   | Goal: Develop rewarding and supportive relationships<br>I will initiate conversations with these two peers over the next three weeks, and get to know these two peers by the end of the winter quarter.<br><br>Goal: Improve soccer skills<br>I should be able to reach this goal given the amount of time I have.  |
| <b>T</b><br><b>TIMELY</b><br><i>What is my target date<br/>for reaching my goal?</i>   | Goal: Develop rewarding and supportive relationships<br>I will initiate conversations with these two peers over the next three weeks, and get to know these two peers by the end of the winter quarter.<br><br>Goal: Improve soccer skills<br>The tryouts for the team are in the beginning of June and it is currently December.   |

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## RELATIONSHIP BETWEEN HEALTH AND GOALS

| GOAL                                       | HEALTH ISSUE  | IMPACT   | POTENTIAL SOLUTION   |
|--|---|--|--|
| To meet new people.                        | Uncomfortable discussing health condition with my friends.  | Decline invitations to activities where my health condition may come up. | Script out what I might say and bring it up myself with two potential friends I've identified.   |
| To do well in school.                      | Mixed up medications and now labs indicate my health is declining.  | Miss school leading me to fall behind in my schoolwork.                  | Ask my health care team questions if I don't understand what I need to do for my health OR why I need to do it so I take my medicines correctly, stay healthy, and can go to school. |
| To get along with my boyfriend/girlfriend. | Missed medication dose and now I'm not feeling well.  | Get grouchy and argue with boyfriend/girlfriend.                         | Set medication reminders (on my phone, on a post-it note, etc.) to remember to take medications regularly so that I feel less grouchy.   |
| To keep a job.                             | When I'm stressed, I don't feel well and have more trouble doing the things I need to do to care for my own health. | When things are tough, health issues make me miss a lot of work.         | Practice ways to manage stress so I don't feel bad when I am stressed. Learn to communicate with my employer about my health and need for accommodations.                            |
| To travel to new places.                   | Not currently familiar with how to manage my health on my own.  | I am worried about traveling away from parents.                          | Prepare a plan to use specifically for a particular trip. Go on a smaller trip and follow my plan. Based on my experience, plan progressively bigger trips.                          |
| To help other people.                      | Missed my last few appointments because I didn't have a ride. Now my test show my health is not doing well.         | Can't get medical clearance to volunteer.                                | Ask someone (e.g., my aunt, cousin, friend) for a ride to my appointment so that I can make sure my health is good enough to participate in the volunteer program.                   |
| Other:                                     |   |  |  |