

1. Main goal theme (Circle one)		2. Goal sub-theme	3. Goal
 Self-care	 Productivity	(such as moving around inside, personal care, symptom management, listed in goal menu)	(The starting point provided in the planner) 
 Personal	 Leisure		
4. Example action - optional (You can use one from the planner or skip this)			

5. My own goal	6. What I can do right now	7. What achieving this goal would look like
(Write this in a way that feels right for you)		(What would be different in my day?)

8. How I feel about this goal today (Tick one for each)	
My current ability: ☒ No ability ☐ Some ability	How important this is to me Not important ☐ ☐ ☐ ☐ Extremely important How difficult I think it will be Not difficult ☐ ☐ ☐ ☐ Extremely difficult

9. How will I know I'm making progress?	10. When you wish to achieve this
	☐ Within a week ☐ Within a month ☐ Within a few months

11. Anything else I want to remember	12. After the week (or month) has passed, please rate how you achieved your goal.
	Did you achieve your goal? ☐ Yes ☐ No If yes, did you achieve it? ☐ As expected ☐ Somewhat better ☐ Much better If no, was it? ☐ Somewhat worse ☒ Much worse