

## Example Goals Sheet for NDIA 'Getting Plan Ready'

*'To participate in People Outdoors Programs after the NDIS Roll Out'*

### My goals

What are the things that are most important to you? What are the things you would most like to change? What would you like to do with less help from others? Are there new things you would like to try?

This list will help you to think about goals you may have in different areas of your life:

- daily life
- where I live
- relationships
- health and wellbeing
- learning
- work
- social and community activities
- choice and control over my life.

Your goal/s will be listed in your NDIA plan and will help the NDIA know what is important to you. Please list your goal/s in the boxes below.

	<b>Your goals</b>	<b>Family members, friends, services or others who are helping me with this goal</b>
<b>Goal 1</b>	<i>Personal, physical and mental growth with new experiences.</i>	<b>People Outdoors</b> camps and day activities
<b>Goal 2</b>	<i>Movement sensations unable to be reached in 'normal' routines, improving muscular function and health</i>	<b>People Outdoors</b> camps and day activities
<b>Goal 3</b>	<i>Spend time in the outdoors</i>	<b>People Outdoors</b> camps and day activities
<b>Goal 4</b>	<i>Hang out with and meet new friends</i>	<b>People Outdoors</b> camps and day activities
<b>Goal 5</b>	<i>Challenge myself with adventure activities</i>	<b>People Outdoors</b> camps and activities