

MY F-WORDS GOAL SHEET



NAME:

TODAY'S DATE:

INSTRUCTIONS: Please write down one goal for each of the F-words and explain why this goal is important to you. These can be goals you would like to work on at home, in therapy, in school, and/or in the community!

FUNCTIONING

GOAL:

WHY:

FAMILY

GOAL:

WHY:

FITNESS

GOAL:

WHY:

FUN

GOAL:

WHY:

FRIENDS

GOAL:

WHY:

FUTURE

GOAL:

WHY:



Inspired by over two decades of CanChild research and continual discussion amongst members of the CanChild family, the f-words focus on six key areas of childhood development - Functioning, Family, Fitness, Fun, Friends, and Future - and recognize that no one factor is more important than another.

Adapted from Fuller & Susini Goal Sheet, 2015