

My Goals for Independence

Read Giselle's story about preparing to leave the system: [\(click here\)](#)

Now start making your own plan for leaving the system.

This worksheet will help you plan your goals:

GOAL #1:

When I leave the system, my goal is to live _____

If that doesn't work out, my second choice is _____

Some things I will do to help me reach this goal are _____



Challenges to accomplishing this goal are _____

GOAL #2:

When I leave the system, I plan to pay for food and rent by _____

Some things that will help me reach this goal are _____

Challenges to accomplishing this goal are _____



GOAL #3:

When I leave the system, I hope to have saved at least \$ _____

Take the amount you want to save and divide by the number of weeks until you leave care. (Remember there are 52 weeks in a year.) This is the amount you need to save each week. (For example: $\$5,000 \div 104 \text{ weeks} = \48 per week.)

Each week I need to save \$ _____

Some things that will help me reach this goal are _____

Challenges to accomplishing this goal are _____



GOAL #4:

After you leave the system, there will be many times when you need help or support. Use the following chart to list five people who you can count on for support, and specify how they can help you. For instance, one might be able to drive you to the doctor, another might be able to give you a job recommendation, another might be a good listener if you're going through a rough time.

NAME:	PHONE #	HOW THEY CAN HELP ME



If you weren't able to list five people, make a plan for how to expand your circle of support here.

GOAL #5:

Before I leave the system, I need to learn how to _____

Some things that will help me reach this goal are _____

Challenges to accomplishing this goal are _____

