My Goal

> Set out your goals and keep track of your progress

Tool Guide:

The My Goals tool is a really quick and simple way to ask service users to think about and record their goals for the future. It was designed with the intention of setting some key personal aims for a service user that service providers can come back to and discuss with users to track their progress.

Once the tool is printed out, a provider can add a user's name on the sheet and then fill in the bubbles with a user, adding a new goal for the users to each bubble. The intention for this tool is that a service provider can use it to help plan future activities and come back to it periodically to track progress with a user.

My Goals is an interactive evaluation tool co-designed by the Glasgow School of Art and health care professionals who work with adults with learning difficulties across the Highlands of Scotland.

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