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Step 1: Understand what goals are

Goals are things you want to work towards and are an important part of your NDIS plan.

Learn more about what goals are.

Step 2: Focus on what's important to you

Choose any type of goal you like

Your goals can be:

- small and short-term or big and long-term
- specific, like learning to drive, or broad, like becoming more independent.

> **Tip: Consider including short-term goals that help you work towards your bigger, longer-term goals.**
>
> For example, if you want to build your skills and do more things yourself, your goal might be: I want to learn how to make dinner for myself and cook 2 times a week.

Use these questions to help you set your goal

Questions about your life now

- What's working well in your life now? How do we keep these things happening?
- What's not working well in your life now? What needs to change? How can we improve the situation?
- What's the most important thing to you right now?

Questions about your future

- When you think of yourself being happy and living a good life, what comes into your mind? What do you see? Does anything need to change so you can have that life?
- When you think about your future, how would you like things to be?
- What do you see your life looking like by the end of the year or your next birthday? What would be different from now?

Questions about work or study

- Are you working or studying?
- Do you want to work or study in the future?
- Are you looking for a job?
- Are you in your final year of school and thinking about what type of job you might like?
- Are you thinking about different pathways to finding a job that involve:
  - education, vocation or training courses
  - community participation
  - volunteering
  - new skills, such as learning to use public transport, managing daily activities and routines or improving understanding of social cues?

Questions about social life and community

- Are you involved in social and community activities? Do you want to be more involved?
- Do you want to be involved in social and community activities in the future?
- What are the things you would most like to change?

Get help with setting your goals

If you're not sure how to start setting goals, you can talk with a family member, friend, your my NDIS contact, support coordinator or recovery coach.

Step 3: Put your goals in your plan

Write your goals down

It can be helpful to write your goals down in your own words before your plan meeting.

Your NDIA planner can write down your goals for you in your plan meeting if you can't write them down.

Work with your planner to help you work towards your goals

You'll work with your planner to create the right plan for you during plan meetings. This includes going through your goals and making sure they communicate what you want.

Your planner will talk to you about how you can work towards your goals.

> **Tip: Your goals help inform what is funded in your plan.**
>
> While your goals do not link directly to funding, they help inform what NDIS supports should be included in your plan. You can talk about how your goals link to your funded supports in your plan meeting.

Your goals may change over time

It's okay if you want to change your goals. We can change the goals in your plan without you having to get a new plan. Learn more about how to change your goals.

Related information

What are goals

What is a plan meeting

How to change your goals

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