

# GOAL CARDS

## Objective:

To help people take a broad look at a range of factors impacting their lives, prioritize their needs, and set specific goals

## Intended Use:

The Goal Cards are a user-friendly tool for helping a family or individual sort through issues and determine their most important goals

## Audience:

- Family workers: to help individuals or families identify their own goals

## Outcomes:

- Individuals or families are more likely to work on resolving difficulties, since they were actively engaged in identifying problems.
- Workers are better able to support the individual or family accomplish their goals.

## Context:

Many people do not have a clear idea of what they want to accomplish. This simple tool is meant to be both fun and informative, providing an alternative way for individuals or families to think about the issues impacting their lives.

Assessment and goal-setting are integral parts of most programs working with individuals or families. For many, identifying goals is difficult. This user-friendly tool provides a structured process to identify specific goals and select a few to work on. The individual, family or worker should feel free to add goals not included in the cards.

The act of identifying needs and setting goals is motivating in itself, and good sense tells us that when people set their own goals, they are more likely to follow through on them. Even the act of handing a person the Goal Cards is empowering. It says, in effect: "You are in charge of deciding how to live your life. You are capable of making good choices. I have confidence in you!" Since the process emphasizes the capacity of the individual rather than worker expertise, it conveys the message that the person can make changes and will be given credit for those changes. A person's motivation and confidence tend to increase with the knowledge that someone else believes in her ability.

The Goal Cards list hundreds of factors that impact health and well-being. When people take a systematic look through the cards, it lets them think about a wide range of issues that may have an impact on their life. This can be especially helpful during times of crisis, when people tend to focus exclusively on one or two problems, but haven't considered the "big picture." It also helps people discover how seemingly unrelated factors in their lives are connected; in other words, it helps them to think holistically about their life.

With these cards, individuals identify and prioritize factors they would like to work on in order to change their lives and set specific and meaningful goals. The process starts with small goals, many of which will be readily achievable, leading to success, which will enhance both their confidence and motivation for further change.

The Goal Cards help people:

- ☐ take a broad look at factors impacting their lives
- ☐ identify and prioritize their needs
- ☐ set specific goals to work toward

#### The Process

Give each individual a set of cards and explain that they represent major areas of life, with specific goals in each area. Ask the person to take some time to look through each card and write down any item that needs attention or that she would like to change. Let the person know that she may select many items on one card and none at all on others. If you see that she is selecting many items, ask her to select those with the most impact or those things she wants to change in the near future. Allow her to add any other goals that may not be listed on the cards.

Afterwards, have the person select the top four or five goals from the list and have her rank her top goals in order of importance.



#### POINTERS:

- \* If working with several family members, have them identify fewer individual goals or discuss the priority “family” goals.
- \* Language is important – “Select those things you would like to change” is empowering while “Pick your biggest problems” is not.
- \* If people have difficulty narrowing down their selections, ask questions to facilitate the process.

Following the selection and ranking process, the worker’s role is to encourage, support, provide resources, and assess progress. Also, it may be helpful to break individual goals into easily achieved steps with clear timeframes for accomplishing them. Return to the list of goals from time to time to assess progress. If the situation deteriorates, the worker can help identify different goals. If all of the goals have been met, the worker should acknowledge the progress and ask if she is ready to take on additional goals.

## GOAL CARDS

Developed by Home, Safe

### SUBSTANCE ABUSE (card 1)

#### I WOULD LIKE TO:

Prevent access to liquor	Control wine drinking
Control beer drinking	Help kids not to drink
Control liquor drinking	Take care of health problems
Comply with legal requirements	Stop drinking
Improve relationships damaged by drinking	
Rebuild relationships damaged by drinking	
Make friends who don't use alcohol	
Other:	

### SUBSTANCE ABUSE (card 2)

#### I WOULD LIKE TO:

Stay drug free	Get medical help
Comply with court orders	Stop using drugs
Prevent access to buy drugs	Reduce drug use
Learn drug-free ways of living	
Make friends who don't use drugs	
Other:	

### HEALTH: PHYSICAL PROBLEMS/CONCERNS

#### I WOULD LIKE TO:

Reduce headaches	Reduce backaches	Reduce stomachaches
Reduce accidents	Reduce injuries	Reach my desired weight
Practice safer sex	Get enough exercise	Manage high blood pressure
Cope with allergies	Increase energy	Get a pregnancy test
Get birth control	Reduce pain	Reduce alcohol use
Reduce drug use	Reduce smoking	Protect against AIDS
Address physical problems to do with: heart, digestive system, skin, eyes, hearing, muscles, bone, other area		
Other:		

## HEALTH CARE

### I WOULD LIKE TO:

Get insurance coverage	Schedule routine care
Get vaccinations	Get emergency care
Have a physical exam	Have a gynecological exam
Get prenatal care	Get a regular doctor
Get well-child care	Have access to hospitals
Get help with medical costs	Get help with a long-time medical problem
Have access to counseling/ mental health care	Stop throwing up
Overcome eating disorders	Prevent diseases

## MOODS

### I WOULD LIKE TO:

Manage my anger	Reduce frustration	Reduce anxiety
Experience joy	Decrease loneliness	Begin to feel emotions
Feel happier	Feel less confused	Relax
Be affectionate	Feel wanted	Experience excitement
Feel needed	Feel worthwhile	Feel less overwhelmed
Stay calm	Develop courage	Manage mood swings
Feel less afraid	Be loving	Talk about feelings
Feel less jealous	Feel more secure	Feel less depressed
Feel less guilty	Feel hopeful	Develop confidence

## TROUBLE WITH CHILD PROTECTIVE SERVICES (card 1)

### I WOULD LIKE TO:

Control alcohol use	Supervise kids
Reduce fighting	Control drug use
Improve behavior	Discipline wisely
Stop running away	Guard against injuries
Ensure safety	Prevent failure to thrive
Find reliable baby-sitters	Improve parenting skills
Comply with court orders	
Reduce reports to Child Protective Services	

PROBLEMS WITH CHILD PROTECTIVE SERVICES  
(card 2)

I WOULD LIKE TO:

Get kids to school regularly	Get kids home from foster care
Keep kids out of foster care	Get clarity on what abuse is
Prepare for dependency hearings	Get clarity on what neglect is
Know when and how to intervene	Provide clothing
Provide meals regularly	
Other:	

SCHOOL (KIDS)

I WOULD LIKE TO HELP MY CHILD:

Get along with teachers	Improve grades	Reduce fighting
Obtain school supplies	Behave well	Cope with hyperactivity
Participate in sports	Learn study skills	Learn to read
Get back into school	Cope with learning disabilities	
Do extracurricular activities	Get a tutor	

I WOULD LIKE TO:

Explore home schooling	Explore alternative schools
Get involved with my kids' schooling	Other:

RELATIONSHIPS

I WOULD LIKE TO:

Identify shared values	Find common interests	Spend quality family time
Spend time with friends	Find a good partner	Improve social skills
Develop real friendships	Rebuild relationships	Create a happy marriage
Get along at work	Get along at school	Get along with neighbors
Cooperate with each other	Develop problem solving abilities	
Find someone I can count on	Improve communication skills	
Find someone to talk to about things that worry me	Find someone who accepts my children, no matter how they act	
Begin or continue family traditions	Foster good relationships with family members	
Other:		

## HOUSEWORK

### I WOULD LIKE TO:

Pay bills	Store cleaners safely
Get help with shopping	Clean car
Store toys	Clean yard
Get help with cooking	Clean kitchen
Vacuum	Clean up garbage
Get help with laundry	Develop routines
Clean kids' rooms	Clean living room
Get help with chores	Clean bathroom
Have kids help with housework	Other:

## PERSONAL GROWTH AND FULFILLMENT

### I WOULD LIKE TO:

Find inner peace	Clarify personal values	Become active
Feel hopeful	Get more education	Travel
Plan for the future	Get motivation	Become organized
Develop career goals	Feel like I belong	Get married
Have a big family	Be myself	Learn a skill
Have a small family	Stay single	Be more open minded
Learn to make wise decisions	Become independent	
Develop a sense of meaning for my life	Develop a vision of the future	
Put my spiritual beliefs into practice	Get more education	

## FURNISHINGS

### I WOULD LIKE TO:

Find or repair furniture or appliances, including:

Stove	Cribs
Refrigerator	Tables
Heater	Chairs
Phone	Sofas
Washer	Dressers
Dryer	Beds
Plumbing	Other:

## MONEY/BILLS

### I WOULD LIKE TO:

Get ongoing income	Pay off debts
Apply for State aid	Get help with debts
Get money for utilities	Establish credit
Get money for rent	Borrow money
Get help with bills	Stick to a budget
Have enough money for basic needs	Save money
Cope with collection agencies	Find a protective payee
Get financial aid for schooling	Have enough money for extras
Learn to negotiate with creditors	Other:

## LEGAL ISSUES

### I WOULD LIKE TO:

Go to court	File bankruptcy	Deal with lawsuits
Guard against threats	Retain or get custody	Get a divorce
Deal with debt collectors	Collect child support	Learn about adoption
Learn about paternity suits	Learn about juvenile detention	
Get a protection order	Learn about diversion programs	
Explore counseling programs	Complete community service	
Find legal services	Get protection from a violent or abusive person	
Prevent eviction	Comply with probation/court orders	
Other:		

## CLOTHES

### I WOULD LIKE TO:

Find laundry facilities  
Decide on appropriate clothing  
Get clothes for work  
Get kids' clothes  
Get coats  
Get shoes  
Have fashionable clothes  
Find clothes I feel good in  
Other:

## DENTAL CARE

### I WOULD LIKE TO:

Schedule checkups  
Get rid of toothache  
Decrease headaches  
Decrease stiff neck  
Have cavities filled  
Get braces  
Buy toothpaste and toothbrushes  
Learn to care for teeth  
Other:

## APPEARANCE

### I WOULD LIKE TO:

Improve my skin	Buy clothes
Improve my hair	Care for clothes
Reach ideal weight	Improve image
Fix teeth	Take time for grooming
Strengthen muscles	Improve hygiene
Learn how to use makeup	Learn how to style hair
Other:	

## RECREATION AND EXERCISE

### I WOULD LIKE TO:

Find a hobby	Spend time with friends	Find recreational facilities
Make friends	Join a team	Take lessons/join a class
Play with kids	Prevent injuries	Play games/sports
Do aerobics	Garden	Draw
Lift weights	Care for injuries	Get appropriate clothing
Find time to exercise	Increase stamina	Schedule enjoyable family time
Become stronger	Get equipment	
Participate in activities: fishing, reading, swimming, jogging, walking, hiking, skating, rowing, reading, basketball, handball		



## DAILY ROUTINES

### I WOULD LIKE TO:

Keep up with housework  
Get enough sleep  
Schedule time for fun  
Have time to relax  
Have time for myself  
Complete housework  
Spend family time  
Spend time with friends  
Keep up with correspondence  
Other:

Keep up with commitments  
Make time to exercise  
Spend time with partner  
Spend time with each child  
Make regular meals  
Keep up with laundry  
Make grooming routines  
Make and keep appointments  
Learn that it is okay to say "no"

## SEXUALITY

### I WOULD LIKE TO:

Prevent AIDS  
Explore sexual identity  
Improve my sex life  
Educate my kids about sex  
Prevent sexually transmitted diseases  
Deal with unwanted pregnancy  
Find the best method of birth control  
Get treatment for sexually transmitted disease  
Other:

Get reliable birth control  
Find a partner  
Leave an abusive partner  
Protect against sexual abuse  
Get prenatal care

## PAST TRAUMA/ABUSE

### I WOULD LIKE TO RECOVER FROM TRAUMA OR ABUSE IN MY PAST, SPECIFICALLY:

Sexual abuse  
Physical abuse  
Loss of a loved one  
Domestic violence  
Loss of a home  
Loss of a job  
Loss of a child to foster care  
Other:

Rape  
Incest  
Abortion  
Death of a child  
Fire or explosions  
Natural disasters  
Loss of a close friend

War  
Suicide  
Miscarriage  
Crime  
Divorce  
Emotional abuse

## CHILD OR TEEN BEHAVIOR

### I WOULD LIKE TO HELP MY CHILD:

Find a job	Attend school	Stay safe
Reduce lying	Learn respect	Reduce arguing
Reduce stealing	Be toilet trained	Learn about safer sex
Reduce yelling	Help with chores	Improve grades
Obey house rules	Reduce swearing	Learn responsibility
Learn social skills	Get along with peers	Get along with adults
Stop or avoid alcohol	Learn to disagree	Cope with hyperactivity
Stop or avoid smoking	Reduce talking back	Stop or avoid using drugs
Stop or avoid running away	Learn how to manage money	
Learn how to implement family values	Care for possessions	

## TRANSPORTATION

### I WOULD LIKE TO:

Repair car	Buy a car	Use car seat
Get bus pass	Use bus	Use seat belts
Learn to drive	Use taxi service	Walk
Use ferry	Use train	Carpool
Get stroller	Get baby pack	Hitchhike
Buy motorcycle	Get driver's license	Use subway
Fix brakes	Use boat	Use life jackets
Use bicycle	Ride with friends or relatives	
Other:		

## REST AND RELAXATION

### I WOULD LIKE TO:

Get enough privacy	Get enough sleep
Get enough exercise	Find time to rest
Get bedding	Worry less
Reduce interruptions	Have peace and quiet
Get a comfortable bed	Have my own space
Reduce pain	Learn relaxation techniques
Get help with housework	Schedule time for myself
Other:	

## FOOD

### I WOULD LIKE TO:

Make use of food banks  
Get help with cooking  
Cope with allergies  
Plan apperizing meals  
Reach healthy weight  
Learn about nutrition  
Learn budgeting skills  
Find thrift stores to stretch dollars

Shop wisely  
Get food stamps  
Get pet food  
Stick to a healthy diet  
Learn to cook  
Get enough, healthy food  
Sign up for meals at school  
Other:

## ADULT EDUCATION

### I WOULD LIKE TO:

Get education  
Get job training  
Improve reading skills  
Attend anger control classes  
Attend community education classes for fun

Earn high school diploma  
Earn G.E.D.  
Attend parenting classes  
Find time and money to attend  
Other:

## CHILD CARE

### I WOULD LIKE TO:

Find nearby child care  
Find drop-in child care  
Find weekend child care  
Get help to pay for child care  
Use family or friends for child care  
Learn to evaluate caregivers for safety  
Get reliable transportation to and from child care  
Other:

Form a child care co-op  
Find affordable child care  
Find night-time child care  
Find after-school child care  
Learn about child development