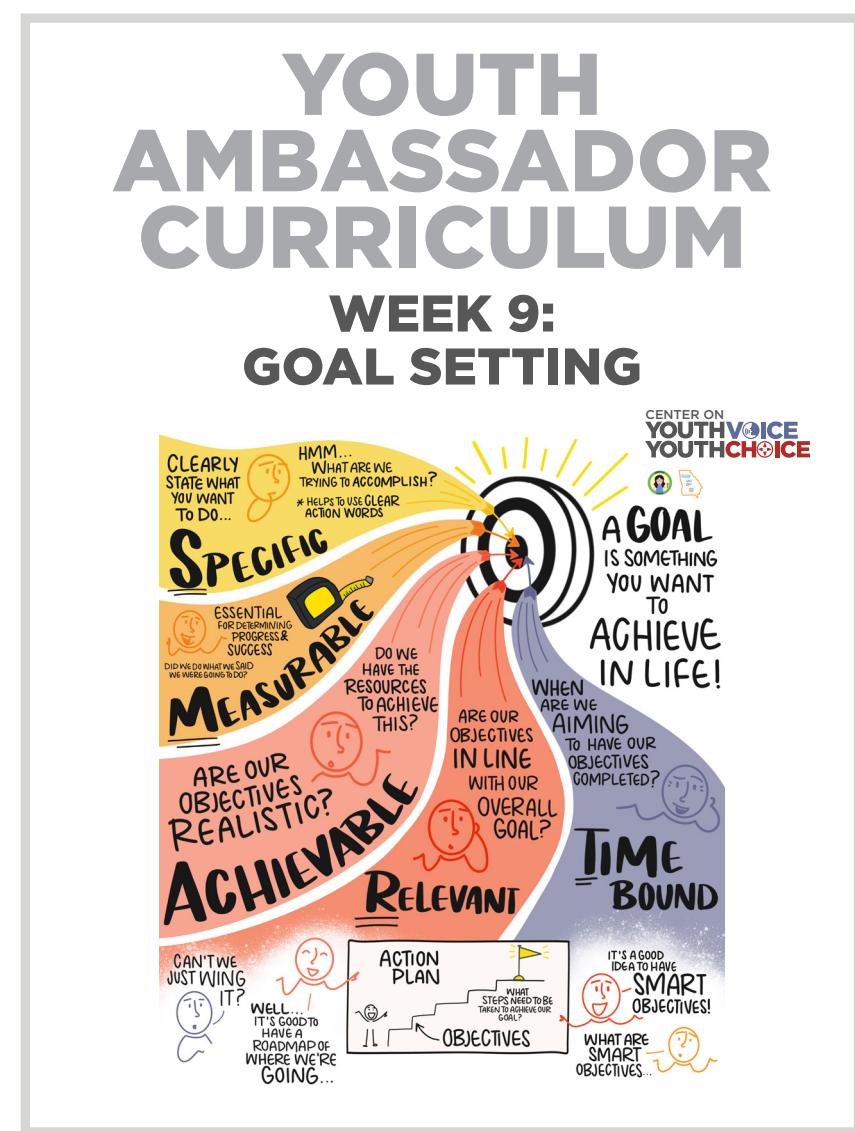


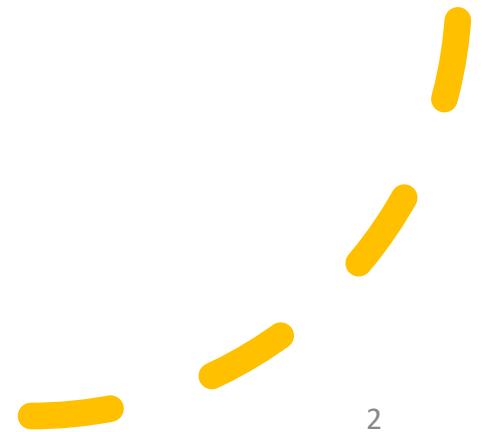
Week 9

Goal Setting





icebreaker



Vision Board check in



Learning Objectives



1. Learn about your states' big ideas for promoting alternatives to guardianship



2. Start thinking about how your goals can support the work of your state



3. Learn how to write a S.M.A.R.T goal

Words for the week

Goal



Objective

Words for the week continued:

Priority

Plan





Objectives are **S.M.A.R.T.**

- **S**pecific
- **M**easurable
- **A**chievable
- **R**elevant
- **T**ime bound



Objectives must be **SPECIFIC**

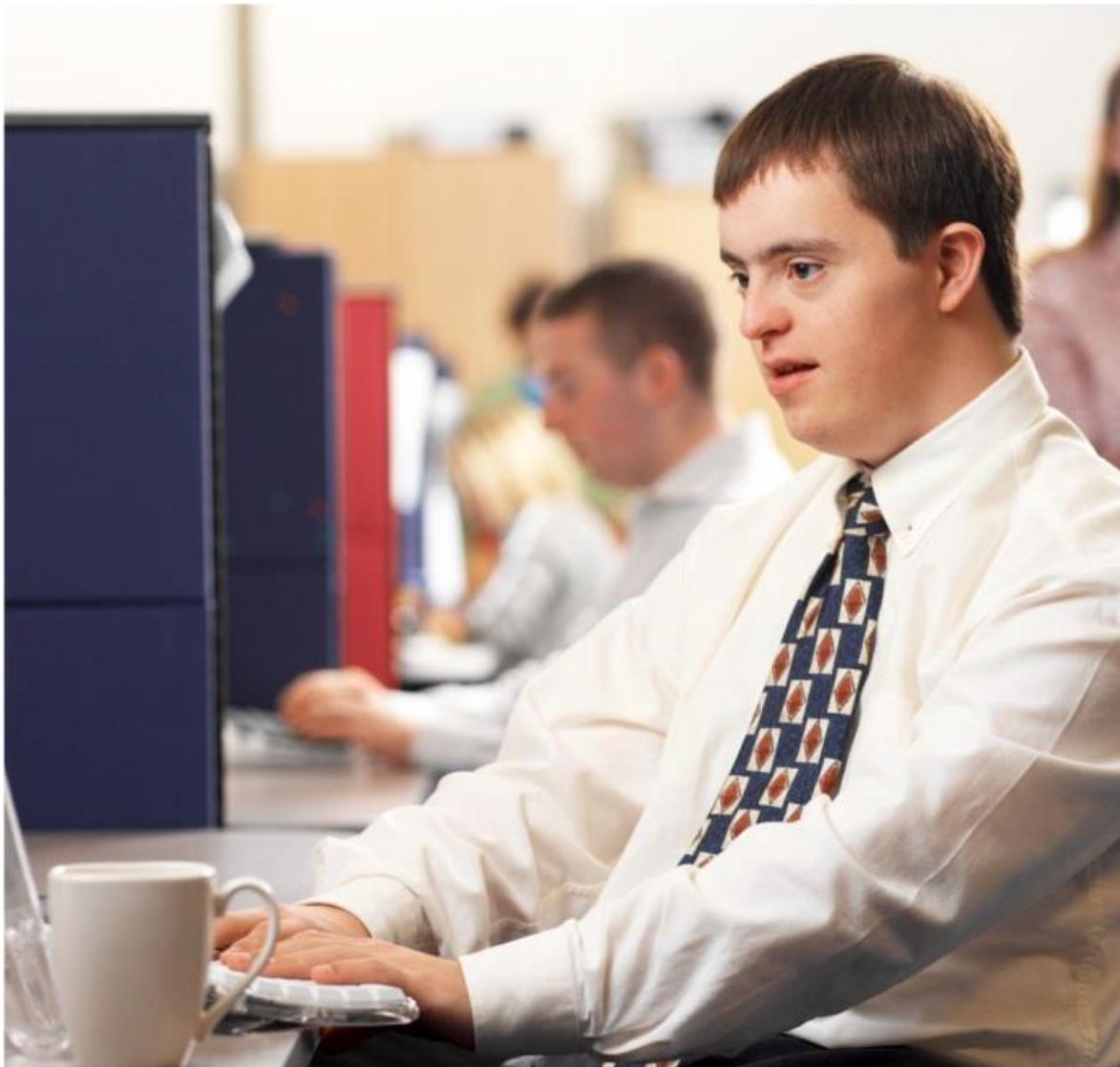
What should be achieved?

Clearly state what you want to do.

Objectives must be **MEASURABLE**

- *How will you know if the objective has been reached?*
- Objectives must have a way of being measured to see progress and to determine success





Objectives must be **ACHIEVABLE**

*Is the objective a challenge
but still possible to achieve?*

Objectives may take some work, but you have the strengths to be successful.



Objectives must be **RELEVANT**

*Are the objectives in line
with your goal?*

Objectives must help you
achieve your goal.

Objectives must be **TIME-BOUNDED**



By when will it be done?

- Objectives must have a time by when they will be completed.

Is this a detailed goal?

I want to buy a new car.

- Specific
- Measurable
- Achievable
- Relevant
- Time-bound



I want to move out and live on my own.

- Specific
- Measurable
- Achievable
- Relevant
- Time-bound



- Specific
- Measurable
- Achievable
- Relevant
- Time-bound

- Any questions?

Examples of planning

**1. Write a story
about my
experience**

**2. Get feedback from
my supporters on
my story**

**3. Make changes to
my story based on
their feedback**

Me

Nov 1,
2024

Me, my
supporters

Dec 1,
2024

Me

Jan 1,
2025

My goal 1:

I will record a YouTube video
on how I filled out a power
of attorney and get 200
views in 3 months.

4. Watch a video or take a training on how to make good videos or find someone to help me to record

5. Record myself with help if I need it
6. Edit the video or ask a friend for help with editing

Me

Mar 1,
2024

Me, my friend

Mar 15,
2024

Me, my friend

Mar 31,
2024

My goal 1:

I will record a YouTube video on how I filled out a power of attorney and get 200 views in 3 months.

7. Upload the video to YouTube	Me	Apr 15, 2024
8. Share the links to my video on my other social media accounts	Me	Apr 15, 2024
9. Ask organizations and people I know to like and share the video	Me, my friends, my state team members	Apr 30, 2024

My goal 1:

I will record a YouTube video on how I filled out a power of attorney and get 200 views in 3 months.

Small group discussions

- **Brainstorm youth ambassador project goals**
- Think about a few ideas that might turn into your project goals
- What are your ideas that could make an impact on your state?
- How do you want to promote alternatives to guardianship for youth in your state?

Small group discussions

- **Brainstorm youth ambassador project goals**
- Report back and what you discussed!

About

The Center is a project of the Institute for Community Inclusion at UMass Boston (ICI) in partnership with:

- Center for Public Representation (CPR)
- Self Advocates Becoming Empowered (SABE)
- Human Services Research Institute (HSRI)

in consultation with experts from:

- Harvard Law School Project on Disability
- Georgia Advocacy Office

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For more information

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