**IRT Goal Planning Sheet (Review weekly)**

# **Personal (Meaningful) Goal:** Enroll in part-time classes at the community college

**\* Start a new Goal Tracking Sheet if the Long-term Goal is modified or a new goal is set**

**Short-term Goals (place a √ after steps achieved):**

1. Read a book for fun**\_\_\_\_\_ 2.** Identify coping skills for anxiety **3.** Meet with college counselor about

enrolling in classes

**Steps: Steps: Steps:**

1. Make a list of books to read 1. Identify social situations cause anx. 1. Identify the counselor I should call

2. Choose a book and get from library 2. Track level of anxiety in situations 2. Make a list of what to say to counselor

3. Read in evening for 20 minutes  3. Practice relaxed breathing/positive 3. Practice talking to mom or clinician

self talk with mom using questions from #2

4. Discuss book with mom 4. Pick a low level anxious situation 4. call and make an appoint with the

and practice 1 coping skill above counselor

**Start date: \_\_\_\_\_\_\_\_\_\_**\_\_ **Start date: \_\_\_\_\_\_\_\_\_\_ Start date: \_\_\_\_\_\_\_\_\_**

**Date Reviewed: \_\_\_\_\_\_\_\_\_\_\_\_\_ Date Reviewed\_\_\_\_\_\_\_\_\_\_\_\_ Date reviewed\_\_\_\_\_\_\_\_\_**

**Achieved:** Fully  **Achieved:** Fully **Achieved:** Fully

Partially Partially Partially

Not at all Not at all Not at all

**Modified/Next Steps:**   **Modified/Next Steps:** **Modified/Next Steps:**

1. 1. 1.

2. 2. 2.

3. 3. 3.

4. 4. 4.

**IRT Goal Planning Sheet (Review weekly)**

# **Personal (Meaningful) Goal:**

**\* Start a new Goal Tracking Sheet if the Long-term Goal is modified or a new goal is set**

**Short-term Goals (place a √ after steps achieved):**

1. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Steps: Steps: Steps:**

1.  1. 1.

2. 2. 2.

3. 3. 3.

4. 4. 4.

**Start date: \_\_\_\_\_\_\_\_\_\_**\_\_ **Start date: \_\_\_\_\_\_\_\_\_\_ Start date: \_\_\_\_\_\_\_\_\_**

**Date Reviewed: \_\_\_\_\_\_\_\_\_\_\_\_\_ Date Reviewed\_\_\_\_\_\_\_\_\_\_\_\_ Date reviewed\_\_\_\_\_\_\_\_\_**

**Achieved:** Fully  **Achieved:** Fully **Achieved:** Fully

Partially Partially Partially

Not at all Not at all Not at all

**Modified/Next Steps:**   **Modified/Next Steps:** **Modified/Next Steps:**

1. 1. 1.

2. 2. 2.

3. 3. 3.

4. 4. 4.

**Figure 3. Julie’s IMR Goal Tracking Sheet (Review at least weekly for individuals and every 3-4 weeks on a rotating basis for groups)**

**Name:\_\_\_Julie\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date that Long-term Goal was Set:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

# **Long-term (Meaningful) Goal:** **Move into my own apartment**

# **Achieved (date): Modified\* (date):**

**\* Start a new Goal Tracking Sheet if the Long-term Goal is modified or a new goal is set**

**Short-term Goals (place a √ after steps achieved):**

1. **Find an apt close to mom \_ 2. Learn to do my own laundry 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**that I can afford**

**Steps: Steps: Steps:**

1. Make a list of possible apts looking 1. Practice asking for permission 1.

at a newspaper with Josh to do my own laundry

2. Practice with Josh what to say when 2. Sort clothes into lights, darks, 2.

calling about apt and reds

3. Call to find out cost for apt 3. Measure laundry soap to the line 3.

in cup

4. Go over budget with ACT staff 4. Put light clothes in washer and start 4.

washing machine with staff

**Start date: \_\_\_\_\_\_\_\_\_\_**\_\_ **Start date: \_\_\_\_\_\_\_\_\_\_ Start date: \_\_\_\_\_\_\_\_\_**

**Date Reviewed: \_\_\_\_\_\_\_\_\_\_\_\_\_ Date Reviewed\_\_\_\_\_\_\_\_\_\_\_\_ Date reviewed\_\_\_\_\_\_\_\_\_**

**Achieved:** Fully  **Achieved:** Fully **Achieved:** Fully

Partially Partially Partially

Not at all Not at all Not at all

**Figure 4. Anton’s** **IMR Goal Tracking Sheet (Review at least weekly for individuals and every 3-4 weeks on a rotating basis for groups)**

**Name:\_\_\_Anton\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date that Long-term Goal was Set:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

# **Long-term (Meaningful) Goal:** Go back to Community College

# **Achieved (date): Modified\* (date):**

**\* Start a new Goal Tracking Sheet if the Long-term Goal is modified or a new goal is set**

**Short-term Goals (place a √ after steps achieved):**

1. **\_\_**Enroll in a class by next**\_ 2.** Develop coping strategies **3.** Read a book for fun

**s**ession when I feel stressed

**Steps: Steps: Steps:**

1. Practice discussing going back 1. Make a list of times when I 1. Make a list of books I

to school with my parents feel stressed would like to read

2. Talk to parents about going back 2. Make a list of possible coping 2. Choose a book

to school strategies

3. Make an appointment with school 3. Pick one strategy and try it out 3. Order book from the internet

school counselor to discuss classes

4. Pick a class that would fit my 4. If not helpful, pick another one 4. After receive book, read 15

schedule and interests and try it out pages a day

**Start date: \_\_\_\_\_\_\_\_\_\_**\_\_ **Start date: \_\_\_\_\_\_\_\_\_\_ Start date: \_\_\_\_\_\_\_\_\_**

**Date Reviewed: \_\_\_\_\_\_\_\_\_\_\_\_\_ Date Reviewed\_\_\_\_\_\_\_\_\_\_\_\_ Date reviewed\_\_\_\_\_\_\_\_\_**

**Achieved:** Fully  **Achieved:** Fully **Achieved:** Fully

Partially Partially Partially

Not at all Not at all Not at all

**Figure 5. Scott’s IMR Goal Tracking Sheet (Review at least weekly for individuals and every 3-4 weeks on a rotating basis for groups)**

**Name:\_\_**Scott\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date that Long-term Goal was Set:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

# **Long-term (Meaningful) Goal: Find a friend to do something fun with me**

# **Achieved (date): Modified\* (date):**

**\* Start a new Goal Tracking Sheet if the Long-term Goal is modified or a new goal is set**

**Short-term Goals (place a √ after steps achieved):**

1. **Identify fun things to do\_\_ 2. Start a conversation with a 3. Get a haircut at the with a friend a new person at the drop-in beginning of next**

**center month**

**Steps: Steps: Steps:**

1. Make a list of things I could 1. Make a list of topics 1. Call barber shop to find out

do for fun with a friend  for starting conversation cost of haircut

2. Show list to CM and pick 2-3 2. Practice steps of starting 2. Make a plan with CM to fit

activities I would like to try out conversation with CM haircut in the budget

3. Make a plan with CM to try out 1  3. Say Hello to at least 3 people 3. Practice conversation at the

activity at the Center barbershop with CM

4. Try out activity with CM 4. Sit next to a new person at lunch 4. Make an appointment for

and start a conversation haircut

**Start date: \_\_\_\_\_\_\_\_\_\_**\_\_ **Start date: \_\_\_\_\_\_\_\_\_\_ Start date: \_\_\_\_\_\_\_\_\_**

**Date Reviewed: \_\_\_\_\_\_\_\_\_\_\_\_\_ Date Reviewed\_\_\_\_\_\_\_\_\_\_\_\_ Date reviewed\_\_\_\_\_\_\_\_\_**

**Achieved:** Fully  **Achieved:** Fully **Achieved:** Fully

Partially Partially Partially

Not at all Not at all Not at all

Positive Goal Tracking Sheet (Review weekly)

Adapted from the IMR Goal Tracking Sheet

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date that Positive Goal was Set:\_\_\_\_\_\_\_\_\_\_\_\_\_

Positive Goal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Short-term Goals** (place a √ after steps achieved)**:**

**Short-term Goal 1 Steps Modified Steps**

(Consider how to use an 1. 1.

I-CAT strategy in one of these 2. 2.

steps) 3. 3.

4. 4.

**Short-term Goal 2 Steps Modified Steps**

(Consider how to use an 1. 1.

I-CAT strategy in one of these 2. 2.

steps) 3. 3.

4. 4.