

Choosing General Goals Worksheet

Name _____

Transition Area _____

Goals

1. Do I know my interests?

YES Write interests

Interests

NO Find out interests

2. Do I know what is required to do this?

YES Write requirements

Requirements

NO Find out requirements

3. Do I know my skills?

YES Write skills

Skills

NO Find out skills

4. Do I have the skills to meet the requirements?

YES
Go to #5 and consider your limits.

NO
Can I learn the skills?

YES →

NO →

Learn skills

Re-evaluate interest

5. Do I know my limits?

YES Write limits

Limits

NO Find out limits

6. Do my limits interfere with the requirements?

YES

Can I do something to change this limit?

YES →

NO →

NO Pursue interest

Learn skills

Re-evaluate interest