

**Overarching Goal of the Week:**  
**Learning About My Feelings and Energy**  
*(Identification)*

**My selected goal this week:** (For example) Notice when my energy gets really high

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**Why are we choosing this goal?** (Specific information that tells me why this will be helpful for me).

**A few examples of what I might try (what / when / how):**

1) \_\_\_\_\_  
\_\_\_\_\_

(Who can help with this?) \_\_\_\_\_

2) \_\_\_\_\_  
\_\_\_\_\_

(Who can help with this?) \_\_\_\_\_

3) \_\_\_\_\_  
\_\_\_\_\_

(Who can help with this?) \_\_\_\_\_

**Overarching Goal of the Week:**  
**Managing My Feelings and Behavior**  
*(Modulation)*

**My selected goal this week:** (For example) Practice using my calming space at least once every day

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**Why are we choosing this goal?** (Specific information that tells me why this will be helpful for me).

**A few examples of what I might try (what / when / how):**

1) \_\_\_\_\_

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(Who can help with this?) \_\_\_\_\_

2) \_\_\_\_\_

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(Who can help with this?) \_\_\_\_\_

3) \_\_\_\_\_

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(Who can help with this?) \_\_\_\_\_

**Overarching Goal of the Week:**  
**Building Connections and Using Resources**  
*(Relational Connection)*

**My selected goal this week:** (For example) Notice which friends help me to feel good about myself

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**Why are we choosing this goal?** (Specific information that tells me why this will be helpful for me).

**A few examples of what I might try (what / when / how):**

1) \_\_\_\_\_

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(Who can help with this?) \_\_\_\_\_

2) \_\_\_\_\_

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(Who can help with this?) \_\_\_\_\_

3) \_\_\_\_\_

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(Who can help with this?) \_\_\_\_\_

**Overarching Goal of the Week:**  
**Making Choices that Work for Me**  
*(Executive Functions)*

**My selected goal this week:** (For example) Ask for help when problems feel too big to solve by myself

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**Why are we choosing this goal?** (Specific information that tells me why this will be helpful for me).

**A few examples of what I might try (what / when / how):**

1) \_\_\_\_\_

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(Who can help with this?) \_\_\_\_\_

2) \_\_\_\_\_

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(Who can help with this?) \_\_\_\_\_

3) \_\_\_\_\_

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(Who can help with this?) \_\_\_\_\_

**Overarching Goal of the Week:**  
**Learning All About Myself**  
*(Self and Identity)*

**My selected goal this week:** (For example) Do one thing I really enjoy every day; I might do one of these three things:.....

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**Why are we choosing this goal?** (Specific information that tells me why this will be helpful for me).

**A few examples of what I might try (what / when / how):**

1) \_\_\_\_\_

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(Who can help with this?) \_\_\_\_\_

2) \_\_\_\_\_

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(Who can help with this?) \_\_\_\_\_

3) \_\_\_\_\_

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(Who can help with this?) \_\_\_\_\_