

HOPE

WORKSHEET

Instructions: This worksheet is designed to add detail and clarity to your pathways (waypower) and drive (willpower).

Take your time to focus on the details of the goals

Remember that imagination is the instrument of Hope. Imagine how life changes as you achieve your goals.

Ask yourself: What will achieving goals...

Look like?

Feel like?

Be Like?

1. Describe your goal in as much detail as possible (narrative):

2. How much do you desire this goal? *none* - 1 2 3 4 5 6 - *a great amount*

3. Why do you want to achieve this goal?

Example Goal: Communication

Motivators: the parent can meet needs better, increased independence for the child, child can self-advocate, improved social relationships for the child

4. Imagine you have just achieved your goal. Describe how you will feel?
What will change in your child's life? What will change in your family's life?

5. List the pathways (actions/strategies) you can use to achieve your goal.

Example Goal: facilitate communication

Pathways: (1) explore different therapies, (2) learn about alternative forms of communication, (3) rule out/treat medical issues related to speech.

Be specific!

Pathway 1:

Pathway 2:

Pathway 3:

6. Describe potential barriers for each pathway you listed.

Pathway 1: Potential Barrier

Pathway 2: Potential Barrier

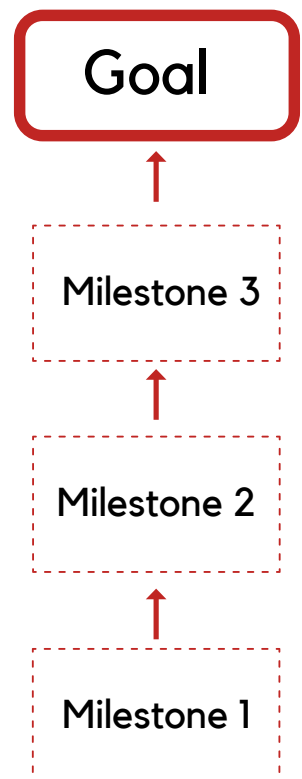
Pathway 3: Potential Barrier

7. From items number 5 and 6, choose the most immediately obvious, or best pathway and describe how you will overcome the barriers to that pathway.

8. Describe a time when you achieved a difficult goal by overcoming barriers. What were the barriers, how did you overcome them and how did you feel?

9. Describe the milestones that you need to achieve to attain the goal. What steps are needed to attain your goal? Break this down into as many small steps as you need.

Example: Research and schedule with a medical provider; Ask for therapist recommendations in a local support group; Access TACA website articles on speech and communication and in-home therapy programs.



10. Identify people and/or resources you can count on for support in pursuing your goal.

Example: TACA mentor, family member, local support group etc.

11. Describe things that motivate and inspire you. Think of ways you can use this inspiration on an ongoing basis to help motivate you to pursue your goal.

Example: song, person, book, movie, blog, podcast, TACA Hope and Help group, etc.

Overall, how successful do you think you will be in pursuing this goal? If you rated yourself low on success, what people or groups can support you and help you achieve your goals?

1	2	3	4	5	6
Not at all successful	A little successful	Somewhat successful	Moderately successful	Mostly successful	Very successful