

Occupational Therapy

# Being Organised - Goal Setting

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# It's a good idea to break goals down into smaller goals

## Long Term Goal

This is a goal that takes a long time - up to a year.

## Medium Term Goals

These can be for say a term - 3 months

## Medium Term Goals

## Short Term Goal

These can be weekly or so

## Short Term Goal

## Short Term Goal

These can be weekly or so

## Short Term Goal



# Activity 1 - Write 1 long term goal for yourself

- Ask an adult to help you with your goal.
- Do they think it is achievable?



## Activity 2 - Breakdown your long term goal

What **skills** do you need for your goal?

**Gross motor skills:** such as balance, kicking, catching, core strength

**Fine motor skills:** such as writing, dexterity, bilateral skills, hand strength

**Visual perceptual skills:** such as finding a hidden item, sorting and matching items

**Sensory skills:** good touch, judge correct force, balance, not scared of loud noises



## Activity 3 - Make 2 medium term goals

- Ask an adult to help you with your goal.
- Do they think the time you have set is achievable?



## Activity 4 - Make 3 short-term goals

- Ask an adult to help you with your goals.
- Do they think the time you have set for each is achievable?

