



Care 4 The Caregivers

Empowering caregivers of children with disabilities
to create a brighter future.

Goal Setting

1. North Star: What is your guiding principle?

3. What is your starting at? Present situation.

7. What are three steps needed to achieve the goal below?

4. What is your first step towards achieve that goal?

8. What are three steps needed to achieve the goal below?

5. What is your second step towards achieving that goal?

9. What are three steps needed to achieve the goal below?

6. What is your third step towards achieving that goal?

2. What is your end goal?