



This *How To* sheet is about how to set goals for your self advocacy group. Self Advocacy groups make their own decisions and choose their own goals. **Self advocacy groups make change happen.**



1. What are Goals?

Goals are the things your group wants to make happen or achieve each year.

Goals can be *small*. For example:

- Getting more members in your group.
- Doing more social activities in the community.
- Learning new skills.



Goals can be *big*. For example:

- Planning to work with government.
- Holding a forum.
- Speaking up about the big issues.
- Making a film.





2. Picking Your Goals

Some of the ways you can work together to pick your goals include:

- **Brainstorming** – talking about the issues and sharing ideas about the goals you want to achieve.
- **Writing down** your ideas on a large piece of paper.

Use **questions** to help you decide your goal:

- Why is our group important?
- What do we care about?
- What do we want to change?
- What activities do we want to do this year?
- What are the important issues?
- How can we make our group stronger?
- Should we work on big goals or small goals or a bit of both?

Use your answers to help pick the goals for your group. It is important to make sure the goals are easy to achieve.

★ HOT TIPS

Make a poster of the goals you picked to help you remember what you are working on.



3. Making Your Goals Happen



STEP 1 Plan

Write a list of all the things you will need to do to make your goals happen. You can do this using the planning sheet on the next page.



STEP 2 Get Help

Write a list of the people, groups or organisations who can help make each of your goals happen.

STEP 3 Checking In

You should make time in your group meeting to talk about:

- How things are going.
- Good things that have happened.
- What is working and what is not working.
- Any changes you need to make to your plan.



STEP 4 Celebrate

Make sure you make time to celebrate after you have achieved your goals!!!



Remember

It is OK to make mistakes and **GOOD LUCK!**



How to...

Set Goals

| The Goal: | | | | |
|------------------|------------|----------------|-------------|--------------|
| Jobs | Who | Helpers | When | Notes |
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