



## Handout 10: Defining the Difference Between a Goal and an Action

Name \_\_\_\_\_ Date \_\_\_\_\_

Setting goals for ourselves is a really important part of learning how to become more independent.

Goals help guide us in the choices we make. However, setting a goal is only wishful thinking until a plan is put in place to make the goal a reality. Plans are also only useful when we accompany them with actions to carry out our plans.

Goals and plans are things we *think* about.  
Actions are the *things we do* to make our goals happen!

Most goals are accomplished in the future and can be broken down into a group of smaller plans to help you eventually meet the goal.

Fill out the template below to help you map out your specific plans to meet the goals and the associated actions you need to do for each plan.

***Remember, plans are things you think about. Actions are things you do!***

### Write out your goal:

1. Write the first plan to meet the goal:	1. Write the action to make the plan happen!
2. Write the second plan to meet the goal:	2. Write the action to make the plan happen!
3. Write the third plan to meet the goal:	3. Write the action to make the plan happen!