



MY TRANSITION GOAL PLAN

1

GOALS

- Residence
- Income
- Transportation
- Social / friendship activities
- Community involvement



2

SUPPORTS

- Parents or caregivers
- Teachers
- Doctors
- Friends
- Social workers



3

RESOURCES

- Vocational Rehabilitation
- Public Library
- Parks and Rec
- Local clubs and organizations
- Legal Aid



4

PLANS

- Identify a goal
- Write down 3 things that will help you reach your goal
- Write down who/what can help you reach that goal



5

UPDATES

- Review your goals every 6 months
- Add new goals
- Remove goals you completed or no longer need
- Keep growing!

