

# Future Goal Journal

Name \_\_\_\_\_ Journal Dates: From \_\_\_\_\_ To \_\_\_\_\_

**Directions:** Complete each section as described.

**Here are my wants and interests**

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**Here are my strengths**

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**Here are my current Future Goals** (when, what will you be doing, and for what purpose)

Training/Education: \_\_\_\_\_

Employment: \_\_\_\_\_

Independent Living: \_\_\_\_\_

**Here is what I did to learn about my Future Goals** (research, discussion, classes, tasks, experience)

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**These are things I learned about my Future Goals** (benefits, requirements, pros, cons, procedures)

**Training or Education Goal** \_\_\_\_\_

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**Employment Goal** \_\_\_\_\_

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**Training or Education Goal** \_\_\_\_\_

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