



Down Syndrome  
Western Australia



## Step 5.

# My Goals



This step helps you to decide on the goals you want in your NDIS plan.



This step helps you to decide on the goals you want in your NDIS plan.

Your goals are the things you want to work towards in the next year.

Tip:

Have a look at the separate information sheet for your stage of life for examples of goals. But remember to set your own goals for YOUR life.



Look back at the information you have written in this workbook so far to help you decide what your goals will be.

You can include a few goals to work towards over the year.



Decide which ones are the most important in case you can't get them all in your NDIS plan.

You might decide to have some in this plan, and some others in your next plan.



**Goal 1.**

**Goal 2.**

**Goal 3.**

**Goal 4.**

**Goal 5.**

**Goal 6.**