

My small steps plan

One goal. A manageable first step. A chance to reflect.

Use the sections that help. Write, draw or complete this with someone you choose.

01 Something I want to work towards

Use your own words. It can be big, small or still taking shape.

02 Why this matters to me

What would it change in your day or your life?

03 One small step I want to try

Choose something specific and manageable.

Your goals belong to you. This worksheet does not determine NDIS funding.

My small steps plan

One goal. A manageable first step. A chance to reflect.

Use the sections that help. Write, draw or complete this with someone you choose.

04 Support or adjustments that would help

A person, information, equipment, more time or a different approach.

05 When I might try it

A day, a time or a situation that suits you.

06 When I will check in, and what I will look for

What felt useful? What might you change?

Your goals belong to you. This worksheet does not determine NDIS funding.