

## Quality of Goals Checklist

You may refer to the following checklist to ensure that the goal is targeted and meaningful.

Guiding Question	Check
Can we measure it? Do we know the starting point?	
Does it keep or build on what is working?	
Does it change what is not working?	
Does it move us closer to the person's positive change/aspiration?	
Where there is assessed need, does the goal meet it?	
Is it in everyday language, and <u>not</u> expressed from a service perspective?	
Does the goal <u>not</u> include a solution?	