

How Hard Can This Be?

Consider the complexity of a real person



Individual goal types in each area may span a continuum of mental health needs

ASPIRATIONAL

Hoped for goals representing fulfillment and wish attainment

SITUATIONAL

Temporary or transient incidents or circumstances

EMPIRICAL

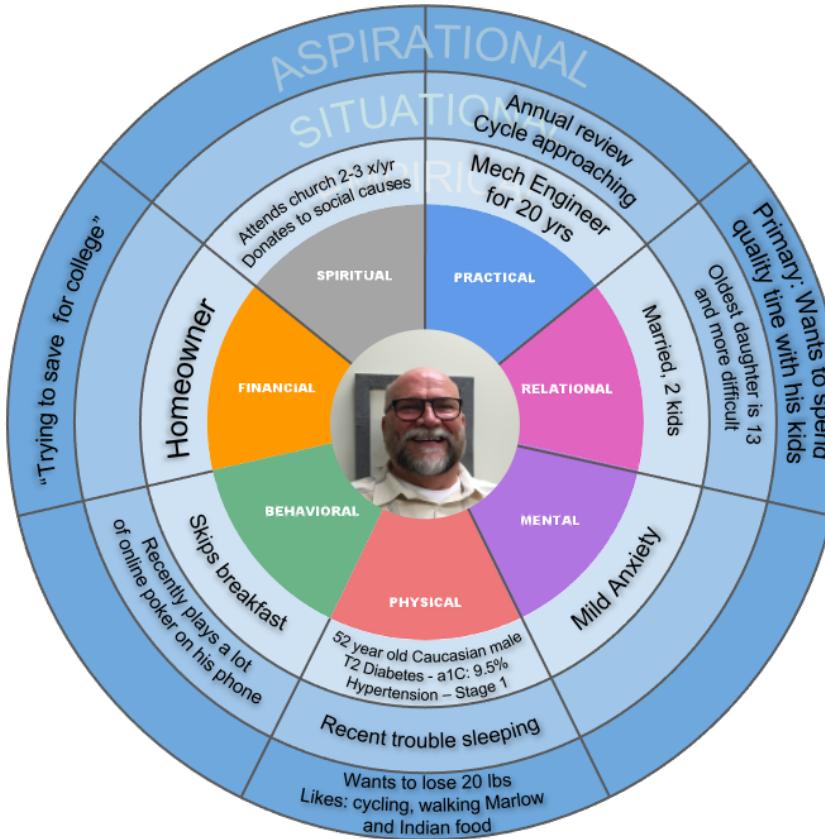
Parts of the lived existence.

Existing mental or physical health conditions

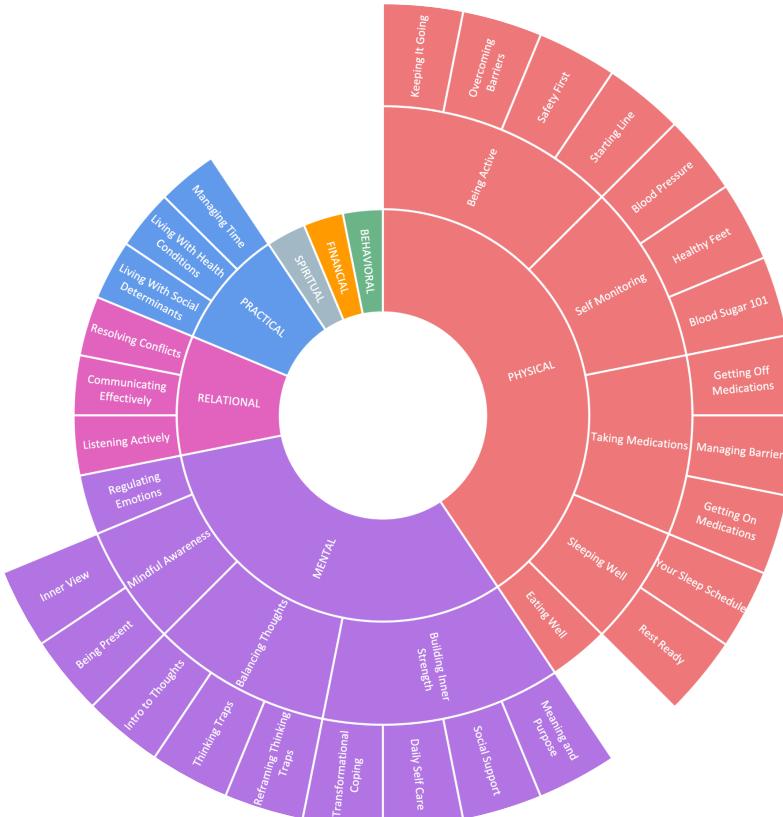
Social determinants or environmental factors



As an example, meet Bob



What skills might Bob need to develop to become his own provider?



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