

**How Hard Can This Be?**

# Consider the complexity of a real person



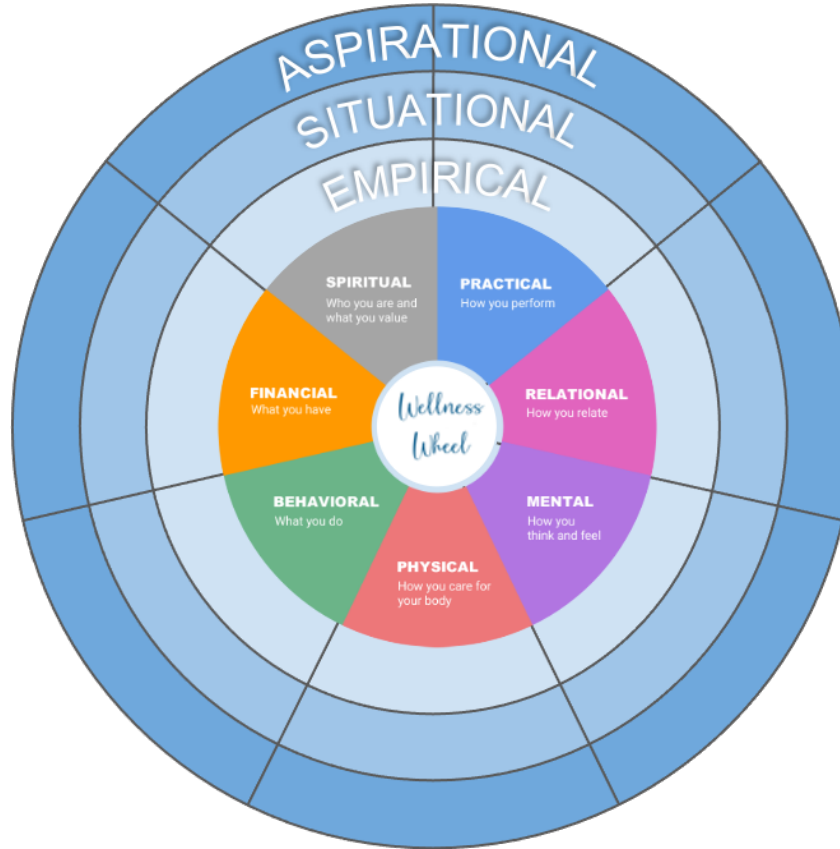
# Individual goal types in each area may span a continuum of mental health needs

## ASPIRATIONAL

Hoped for goals representing fulfillment and wish attainment

## SITUATIONAL

Temporary or transient incidents or circumstances



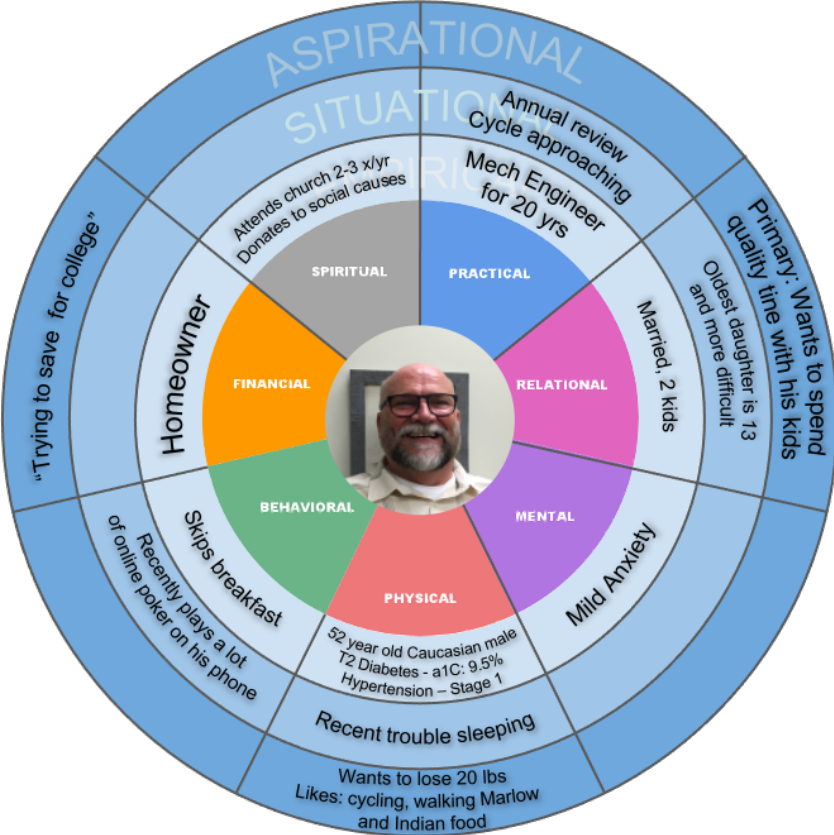
## EMPIRICAL

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?

