

Example Goals

Tasks are goals that lead to you achieving milestones, which lead to you achieving main goals.

1. Main Goal: Find a job

Milestone: Get ready to apply

- Write down past work, school, or life skills
- Create a simple, one-page resume
- Choose one job type I could realistically do

Milestone: Apply and follow through

- Apply to 1–3 jobs (online or in person)
- Ask someone to review my application
- Set reminders to check my email or phone
- Reflect on my application process and how I felt

2. Main Goal: Choose a career

Milestone: Learn what options exist

- Write down jobs I've seen people do
- Watch or read about one career that piques my interest
- Ask someone what their typical workday looks like

Milestone: Narrow it down

- Choose one career to explore first
- Identify one required skill or credential
- Decide which next step to pursue (e.g., enroll in a class, training, or shadow someone)

3. Main Goal: Begin a career

Milestone: Take a first real step

- Enroll in a class, training, or certification
- Be consistently present for one week
- Observe any challenges and what feels right

Milestone: Build habits that support work

- Practice being on time
- Set a sleep schedule that aligns with my work schedule
- Ask for help when I don't understand something

4. Main Goal: Live to see 30

Milestone: Reduce risks in daily life

- Be aware of situations that feel unsafe
- Think about what events lead to bad outcomes
- Identify safe alternatives or responses to uncomfortable or dangerous situations

Milestone: Take care of my body and mind

- Schedule a medical or personal mental health check-in
- Eat at least one full meal a day
- Get sleep when I can
- Reach out to someone when I struggle to make a decision

5. Main Goal: Live to see my next birthday

Milestone: Get through this week safely

- Make a short plan for the next 7 days
- Identify one person or place that feels safe
- Remove myself from one risky situation

Milestone: Create reasons to keep going

- Plan one small thing to look forward to
- Write down what has helped me survive so far
- Check in with myself daily (think about how I feel)
- Adjust my plan if things change

6. Main Goal: Reduce behaviors that could put me back in a detention center

Milestone: Identify risk moments

- Think about past situations that led to trouble
- Write down common triggers
- Identify warning signs in my body or mood

Milestone: Plan safer responses

- Choose one alternative action
- Practice saying no or leaving a situation
- Reflect weekly on what worked

7. Main Goal: Stay on track with probation, parole, or program rules

Milestone: Know the rules

- Write down what is required of me
- Save my officer or caseworker's contact info

Milestone: Make appointments easier

- Set reminders the day before
- Plan how I'll get there

8. Main Goal: Work toward a GED

Milestone: Understand what a GED involves

- Learn what subjects are on the GED test
- Ask a counselor, caseworker, or adult how GED programs work
- Look up a local or online GED program

Milestone: Get ready to start

- Gather required documents (ID, transcripts if needed)
- Schedule an intake or placement test
- Choose realistic study days and times

Milestone: Begin studying

- Study one subject for 30–60 minutes
- Take one practice quiz
- Track what feels hardest and what feels easiest

Milestone: Stay consistent

- Attend classes or study sessions
- Adjust my study plan if it feels overwhelming
- Reflect weekly on progress and effort

9. Main Goal: Enroll in an alternative school

Milestone: Learn about education options

- Ask about alternative schools in my area
- Learn how credits, attendance, and schedules work
- Write down the questions I want to ask the staff

Milestone: Apply or enroll

- Complete an application or referral
- Gather required documents
- Schedule an intake meeting or orientation

Milestone: Prepare to attend

- Plan transportation
- Choose a daily schedule that works
- Set reminders for school days

Milestone: Adjust and stay engaged

- Attend consistently for one week
- Ask for help when something is confusing
- Revise deadlines or workloads if needed
- Reflect on what I like or don't like about school

10. Main Goal: Learn to calm myself when I'm stressed

Milestone: Notice stress patterns

- Identify when stress shows up
- Name physical signs (tight chest, fast breathing)
- Rate stress levels during the day

Milestone: Practice coping skills

- Try deep breathing or grounding once a day
- Take a short walk or stretch
- Reflect on what helps most

11. Main Goal: Have a better attitude about my day

Milestone: Identify what affects my mood

- Notice what makes my day harder
- Notice what makes my day easier
- Write down one thing I can control today

Milestone: Practice small attitude shifts

- Start the day with one intention
- Take a break when I feel overwhelmed or anxious
- Acknowledge one thing I handled well

12. Main Goal: Build healthy relationships

Milestone: Reflect on who I want around me

- Write down qualities I value in people
- Ask yourself who makes me feel supported
- Notice who increases stress or risk

Milestone: Choose intentional connections

- Spend time with one positive person
- Set boundaries where needed
- Reflect on how my relationships affect my choices

13. Main Goal: Create a daily routine

Milestone: Pick daily times

- Choose a time to wake up
- Choose a time to go to bed

Milestone: Create simple habits

- Pick 3 things to do in the morning
- Pick 2 things to do before bed
- Perform these habits for 7 days

14. Main Goal: Use free time in healthy ways

Milestone: Identify how I spend my time

- Track my behaviors for one day
- Notice when I feel bored or restless
- Ask yourself what behaviors usually lead to trouble

Milestone: Choose productive activities

- Choose one hobby to focus on
- Schedule time for it during the week
- Reflect on how it affects my mood

15. Main Goal: Play video games as a positive outlet

Milestone: Set boundaries around gaming

- Decide how much time feels healthy
- Choose games that help me relax, not increase stress levels
- Set a stop time reminder

Milestone: Connect with people and explore my creativity

- Play with friends or family members
- Explore game design, streaming, or storytelling
- Reflect on what skills gaming helps me practice

16. Main Goal: Start planning the life I want

Milestone: Imagine my goals

- Write down three future goals
- Pick one to focus on first

Milestone: Take first steps

- Break my goal into small steps
- Choose a realistic deadline
- Change the plan if needed

17. Main Goal: Find a safe place to live

Milestone: Look at housing options

- Talk to family, shelters, or programs
- Write down house rules or expectations

Milestone: Lock in my plan

- Save important contact info
- Set a move-in or check-in date

18. Main Goal: Become financially responsible

Milestone: Understand spending

- Write down what I spend money on
- Track spending for one week
- Reflect to understand which purchases were unnecessary

Milestone: Make a plan

- Open a bank account
- Digitally or physically write what I want to spend money on and how much I want to spend
- Set a small savings goal for the month