**I can do it!**

**Name:**

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| --- | --- | --- |
| **Goal: I want to….** | **Steps: I will do this to reach my goal….** | **Successes: I will know I am getting closer to my goal when…** |
| Eg. Become a better reader. | Read to/with my children for 15 minutes every day  Read on my own 15 minutes every day  Practise using the tools from our family literacy program at home | I want to read longer than 15 minutes each day  There are not as many hard words to say or understand |
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Adapted from: <https://bitzngiggles.com/family-goal-setting-printable/>

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/engaging-and-goal-setting-with-families.pdf>

**Tips:**

Ask the learner what part of their own learning would they like to improve in. Start with one or two.

You could make a craft with laminating paper and making it magnetic for this goal to be put on learner’s fridge as a reminder.

Throughout the program, as the facilitator, comment specifically on strengths and skills that you see the learner has. If possible, tie those strengths to how it may help them in reaching their goal.

Be realistic with the learner about how this is one aspect of their life and may take time to grow in this area.

Help the learner identify things they could do to move toward reaching their goal.

See what other support the CALP can offer to help the learner reach their goal (setting them up with a tutor, providing childcare or transportation, etc.).

Have a duplicate copy of this chart for the facilitator in order to check in with the learner regularly to see how things are going and celebrate successes or actions taken!