

20 Questions for Writing Meaningful Goals

Functionality & Independence	1	Will this skill be able to be applied across many environments?	☐ YES ☐ NO
	2	Will this skill be able to be applied towards accessing individual preferences, interests, or desires?	☐ YES ☐ NO
	3	Will this skill reduce dependence on other individuals across multiple environments?	☐ YES ☐ NO
Long-Term Impact	4	Will the skill be relevant in 3-5 years OR lead to a skill that will be?	☐ YES ☐ NO
	5	Will the skill be relevant to future employment/home/community living in adulthood?	☐ YES ☐ NO
Level of Risk	6	Is there minimal/no risk of harm associated with this skill OR can the level of risk be minimized (in training/real life)?	☐ YES ☐ NO
	7	Will having the skill decrease the risk of harm to the individual OR increase/promote safety?	☐ YES ☐ NO
Enjoyment/Community Access	8	Will the skill allow the learner access to preferred community activities, people, places, etc.?	☐ YES ☐ NO
	9	Will the skill allow for greater choice in regard to complex environments and community activities?	☐ YES ☐ NO
	10	Will the skill bring the learner greater happiness?	☐ YES ☐ NO
Practicality	11	Is the skill teachable in the environment where the skill will naturally take place in daily life?	☐ YES ☐ NO
	12	Will this skill be taught using the actual materials that will be used, as opposed to mock/2D alternatives?	☐ YES ☐ NO
	13	Will the learner's routine allow for sufficient practice opportunities for the skill to be mastered?	☐ YES ☐ NO
	14	Will the skill take advantage of the most up-to-date technologies?	☐ YES ☐ NO
Social Inclusion	15	Will this skill help to decrease barriers that are in place due to social deficits?	☐ YES ☐ NO
	16	Is this skill one that typically-developing/same-aged peers would reasonably be expected to have?	☐ YES ☐ NO
	17	Will this skill support social inclusion?	☐ YES ☐ NO
Family/Team Priorities	18	Is this skill important/a priority for the family?	☐ YES ☐ NO
	19	Is this skill important/a priority for relevant team members to allow for sufficient commitment/follow-through?	☐ YES ☐ NO
	20	Is the skill in line with the family's cultural values?	☐ YES ☐ NO

How meaningful is this goal?

Total YES ____ / 20 x
100 = ____ %
Meaningful