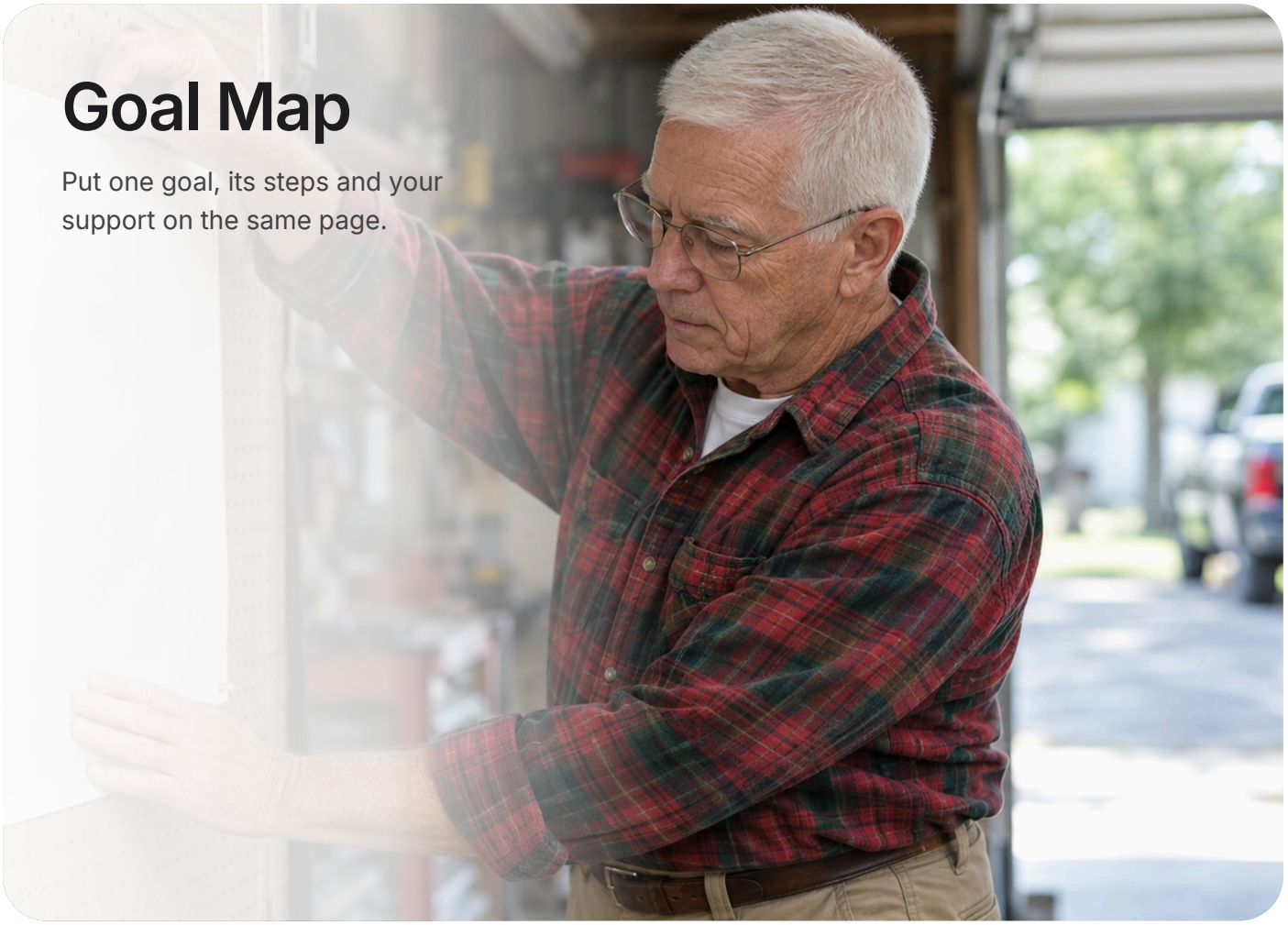
Goal Map

Put one goal, its steps and your support on the same page.



WHY IT HELPS

Keep the goal beside the reasons, dates and help it needs. Use the step plan to turn a broad intention into an action you can begin.

HOW TO USE IT

Name	Write one goal in your own words.
Map	Add reasons, steps, dates and support.
Begin	Choose the first step for this week.

INSIDE

2	Example: Hal's goal map
3	My goal map
4	Step plan
5	Monthly milestones
6	Goal map review

Write a first step you can recognize when it is complete.

Example: Hal's goal map

Center

Walk to the park at the end of the street with my grandkids by July.

Map boxes

Box	What Hal wrote
Why	To stop watching from the window
Steps	Rehab twice a week, hallway daily, half the street, full street with a bench rest
When	Rehab from March, half the street by May, full street by July
Who helps	My daughter, my rehab nurse
What could get in the way	Bad air days. Plan: walk the hallway or the mall

First step

Book rehab intake by Friday.

My goal map

Map

Why it matters

My goal

My sketch

Steps

Who helps

When

Obstacles and my plan

First step this week

Step plan

Steps

Step	Actions	By when	Who helps	Done

Monthly milestones

Start and deadline

Start date	Deadline	Target and unit

The road to my goal

Month	Milestone	Progress recorded	Next action

Paths contributing to this goal

Goal map review

Steps done

Date	Steps done	What changed

Next step

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.