



BLUE BIRD AGED CARE AND DISABILITY SERVICES

HOW TO SET NDIS GOALS (FILLABLE WORKSHEET)

How to Set NDIS Goals

A Fillable Worksheet for NDIS Participants

Blue Bird Aged Care & Disability Services

What Are NDIS Goals?

Your NDIS goals are **what you want to achieve with your supports**. They describe the life you want to live and what you want to work towards.

Good goals are about:

- ☒ What matters to YOU
- ☒ What you want to be able to do
- ☒ How you want to live your life
- ☒ The future you want to create

Goals are NOT about:

- ☒ What your family wants
 - ☒ What the NDIS planner thinks you should do
 - ☒ Just getting more funding
 - ☒ What's "easy" or "realistic"
-

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Why Do Goals Matter?

Your goals determine:

- What supports you'll receive
- How much funding you'll get
- What's in your NDIS plan

Without clear goals, the NDIS can't work out what supports you need!

The 3 Types of NDIS Goals

1. SHORT-TERM GOALS (3-6 months)

Things you can achieve relatively quickly

Examples:

- "Learn to catch the bus to the shops"
 - "Join a local art class"
 - "Be able to shower with less assistance"
-

2. MEDIUM-TERM GOALS (6-12 months)

Things that take most of your plan to achieve

Examples:

- "Get a part-time job"
 - "Move into my own apartment"
 - "Build my confidence to go out alone"
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3. LONG-TERM GOALS (1-3+ years)

Your big-picture dreams and aspirations

Examples:

- "Live independently"
- "Start my own business"
- "Travel overseas"
- "Get married and have a family"

Good Goals vs Bad Goals

✗ BAD GOAL:

"Get physiotherapy"

Why it's bad: This is a support, not a goal. It doesn't say what you want to achieve.

✓ GOOD GOAL:

"Improve my mobility so I can walk around the shops without pain"

Why it's good: Clear outcome, explains why it matters, shows what you want to be able to do.

✗ BAD GOAL:

"Be happy"

Why it's bad: Too vague. Happiness means different things to different people.

✓ GOOD GOAL:

"Feel more confident in social situations so I can make friends and join community activities"

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Why it's good: Specific, explains what "happy" means to you, actionable.

✗ BAD GOAL:

"Get more funding"

Why it's bad: Funding is not a goal. You need to explain what you want to do with that funding.

✓ GOOD GOAL:

"Participate in community activities 3 times per week to reduce social isolation"

Why it's good: Explains what you want to achieve and why.

The SMART Goals Framework

Good NDIS goals are **SMART**:

S - SPECIFIC

Clear and detailed, not vague

M - MEASURABLE

You can tell when you've achieved it

A - ACHIEVABLE

Challenging but possible with the right supports

R - RELEVANT

Matters to YOU and your life

T - TIME-BOUND

Has a timeframe (short, medium, or long-term)

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Example: Turning a Vague Goal into a SMART Goal

✗ VAGUE:

"Get better at cooking"

✓ SMART:

"Learn to cook 3 simple, healthy meals independently within 6 months, so I can eat better and save money on takeaway"

Why it's SMART:

- **Specific:** 3 simple, healthy meals
- **Measurable:** Can cook them independently
- **Achievable:** With support from OT or cooking classes
- **Relevant:** Saves money, improves health
- **Time-bound:** Within 6 months

8 Life Areas for NDIS Goals

Think about goals in different areas of your life:

1. 🏠 DAILY LIVING

- Personal care (showering, dressing, toileting)
- Meal preparation and cooking
- Cleaning and housework
- Managing money
- Taking medications

2. 👥 RELATIONSHIPS & SOCIAL LIFE

- Making friends
- Spending time with family

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- Dating and relationships
 - Joining clubs or groups
 - Reducing loneliness
-

3. 🏠 COMMUNITY PARTICIPATION

- Going to cafes, movies, shops
 - Attending events and activities
 - Volunteering
 - Using public transport
 - Accessing local facilities
-

4. 💼 WORK & EDUCATION

- Getting a job
 - Studying or training
 - Volunteering
 - Building work skills
 - Career development
-

5. 🏠 LIVING ARRANGEMENTS

- Living independently
 - Moving out of family home
 - Living with friends or partner
 - Making your home accessible
 - Choosing where you live
-



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6. 🧠 **HEALTH & WELLBEING**

- Managing your disability
 - Physical fitness and exercise
 - Mental health and emotional wellbeing
 - Reducing anxiety or stress
 - Sleeping better
-

7. 🎨 **HOBBIES & INTERESTS**

- Trying new activities
 - Developing creative skills
 - Playing sport
 - Pursuing passions
 - Having fun!
-

8. 🛠️ **SKILLS & INDEPENDENCE**

- Learning new skills
 - Becoming more independent
 - Making your own decisions
 - Building confidence
 - Problem-solving
-



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FILLABLE WORKSHEET: MY NDIS GOALS

PART 1: ABOUT ME

My Name: _____

My Age: _____ NDIS Number: _____

Who's helping me write these goals?

PART 2: MY LIFE RIGHT NOW

Before we set goals, let's think about your life now.

What's going well in my life right now?

1. _____
2. _____
3. _____

What's challenging or difficult in my life right now?

1. _____
2. _____
3. _____

What do I wish I could do but can't right now?

1. _____
2. _____
3. _____

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What makes me happy?

What's really important to me in life?

PART 3: MY DREAMS & ASPIRATIONS

If I could have any life I wanted, what would it look like?

Think big! Don't worry about what's "realistic" yet.

In 1 year, I want to be:

In 3 years, I want to be:

In 5 years, I want to be:



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My biggest dream is:

PART 4: MY NDIS GOALS BY LIFE AREA

Now let's turn your dreams into SMART goals!



DAILY LIVING GOALS

What I want to achieve:

Why this matters to me:

SMART Goal:

Supports I might need to achieve this:

- ☐ Support worker to help me practise
- ☐ Occupational Therapist to assess and train

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☐ Equipment or aids

☐ Other: _____

Timeframe: ☐ Short-term (3-6 months) ☐ Medium-term (6-12 months) ☐ Long-term (1+ years)



RELATIONSHIPS & SOCIAL LIFE GOALS

What I want to achieve:

Why this matters to me:

SMART Goal:

Supports I might need to achieve this:

☐ Support worker to help me join activities

☐ Social skills training

☐ Help finding groups or clubs

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☐ Transport to social events

☐ Other: _____

Timeframe: ☐ Short-term (3-6 months) ☐ Medium-term (6-12 months) ☐ Long-term (1+ years)



COMMUNITY PARTICIPATION GOALS

What I want to achieve:

Why this matters to me:

SMART Goal:

Supports I might need to achieve this:

☐ Support worker to accompany me

☐ Transport

☐ Travel training

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☐ Help planning outings

☐ Other: _____

Timeframe: ☐ Short-term (3-6 months) ☐ Medium-term (6-12 months) ☐ Long-term (1+ years)



WORK & EDUCATION GOALS

What I want to achieve:

Why this matters to me:

SMART Goal:

Supports I might need to achieve this:

☐ Employment support

☐ Job coach

☐ Study support

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☐ Help with resume/interviews

☐ Workplace modifications

☐ Other: _____

Timeframe: ☐ Short-term (3-6 months) ☐ Medium-term (6-12 months) ☐ Long-term (1+ years)



LIVING ARRANGEMENTS GOALS

What I want to achieve:

Why this matters to me:

SMART Goal:

Supports I might need to achieve this:

☐ Supported Independent Living (SIL)

☐ Specialist Disability Accommodation (SDA)

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☐ Home modifications

☐ Help finding housing

☐ Life skills training

☐ Other: _____

Timeframe: ☐ Short-term (3-6 months) ☐ Medium-term (6-12 months) ☐ Long-term (1+ years)



HEALTH & WELLBEING GOALS

What I want to achieve:

Why this matters to me:

SMART Goal:

Supports I might need to achieve this:

☐ Physiotherapy

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- ☐ Exercise physiology
- ☐ Psychology/counselling
- ☐ Dietitian
- ☐ Gym membership/exercise program
- ☐ Other: _____

Timeframe: ☐ Short-term (3-6 months) ☐ Medium-term (6-12 months) ☐ Long-term (1+ years)



HOBBIES & INTERESTS GOALS

What I want to achieve:

Why this matters to me:

SMART Goal:

Supports I might need to achieve this:

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☐ Support worker to help me try new activities

☐ Equipment or supplies

☐ Transport to activities

☐ Help joining clubs or classes

☐ Other: _____

Timeframe: ☐ Short-term (3-6 months) ☐ Medium-term (6-12 months) ☐ Long-term (1+ years)



SKILLS & INDEPENDENCE GOALS

What I want to achieve:

Why this matters to me:

SMART Goal:

Supports I might need to achieve this:

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- ☐ Life skills training
 - ☐ Capacity building support
 - ☐ Occupational Therapy
 - ☐ Support coordination
 - ☐ Decision-making support
 - ☐ Other: _____
-

Timeframe: ☐ Short-term (3-6 months) ☐ Medium-term (6-12 months) ☐ Long-term (1+ years)

PART 5: MY TOP 3 GOALS

From all the goals above, pick your **top 3 most important goals** for your next NDIS plan:

☀️ GOAL #1 (Most Important):

Why this is my priority:

☀️ GOAL #2:

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Why this is my priority:

☀️ **GOAL #3:**

Why this is my priority:

PART 6: ACTION STEPS

For each of your top 3 goals, what are the first steps?

GOAL #1 - FIRST STEPS:

Step 1: _____

Step 2: _____

Step 3: _____

Who can help me? _____

When will I start? _____

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GOAL #2 - FIRST STEPS:

Step 1: _____

Step 2: _____

Step 3: _____

Who can help me? _____

When will I start? _____

GOAL #3 - FIRST STEPS:

Step 1: _____

Step 2: _____

Step 3: _____

Who can help me? _____

When will I start? _____

PART 7: GOAL CHECK-IN

Review your goals every 3-6 months. Are you making progress?

Date of check-in: _____



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GOAL #1 - Progress Check:

- ☐ Achieved!
- ☐ Making good progress
- ☐ Some progress but need more support
- ☐ Haven't started yet
- ☐ Goal needs to be changed

Notes: _____

GOAL #2 - Progress Check:

- ☐ Achieved!
- ☐ Making good progress
- ☐ Some progress but need more support
- ☐ Haven't started yet
- ☐ Goal needs to be changed

Notes: _____

GOAL #3 - Progress Check:

- ☐ Achieved!
- ☐ Making good progress

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☐ Some progress but need more support

☐ Haven't started yet

☐ Goal needs to be changed

Notes: _____

Tips for Writing Great NDIS Goals

✓ DO:

- Use "I" statements (e.g., "I want to...")
- Be specific about what you want to achieve
- Explain why the goal matters to you
- Think about all areas of your life
- Dream big — don't limit yourself
- Focus on what you WANT, not what you can't do
- Make sure goals are about YOU, not what others want

✗ DON'T:

- Write goals about getting services (e.g., "get physiotherapy")
- Be vague (e.g., "be happy" or "get better")
- Only focus on one area of life
- Set goals you don't care about just to get funding
- Let others write your goals for you
- Be afraid to ask for what you need

Examples of SMART NDIS Goals

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Example 1: Daily Living

✗ **Vague:** "Get better at cooking"

✓ **SMART:** "Learn to cook 3 healthy meals independently within 6 months with support from an Occupational Therapist, so I can eat healthier and save money on takeaway."

Example 2: Social & Community

✗ **Vague:** "Make friends"

✓ **SMART:** "Join a local art class and attend weekly for 12 months to build social connections and reduce isolation, with support from a community access worker."

Example 3: Employment

✗ **Vague:** "Get a job"

✓ **SMART:** "Secure part-time employment in retail or hospitality within 12 months with support from a job coach and workplace modifications."

Example 4: Independence

✗ **Vague:** "Be more independent"

✓ **SMART:** "Learn to catch public transport independently to visit friends and family within 6 months with travel training support."

Example 5: Health & Wellbeing

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✗ **Vague:** "Feel better"

✓ **SMART:** "Reduce anxiety symptoms so I can leave the house 3 times per week for community activities, with ongoing psychology support over 12 months."

Need Help With Your Goals?

Blue Bird can help you:

- ✓ Work out what goals matter to you
 - ✓ Turn vague ideas into SMART goals
 - ✓ Prepare for your NDIS planning meeting
 - ✓ Advocate for the supports you need
 - ✓ Track your progress towards goals
-

Contact Blue Bird:

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Other Helpful Resources:

NDIS:

 1800 800 110

 www.ndis.gov.au

National Disability Advocacy Program:

 1800 643 787

Your Local Area Coordinator (LAC):

Find yours at: www.ndis.gov.au/contact

Remember: Your goals are about YOUR life and YOUR dreams. Don't be afraid to dream big!

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