

MONTHLY GOALS

NEXSTEPS - INDEPENDENT LIVING SKILLS

Practical tools for real life

ONE MONTH. SMALL STEPS. REAL PROGRESS.

Choose goals that matter to you. Keep them specific and realistic, then review what happened.

THIS MONTH

Month: _____

Something I am proud of from last month:

My goal	Why it matters	First step	By when?

Check-in

☐	Not started yet
☐	I've made a start
☐	I'm making progress
☐	I achieved it
☐	I need to change the goal

What helped me?

What will I do next?

NEXSTEPS REMINDER: Progress does not have to be perfect to count.