

# OSNS LINK TO SUCCESS

Employment Support Workshop  
for Autistic Youth

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## Goal Setting

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# What is Self-determination?

## Having a say in your own:

- Emotions
- Behaviours
- Education
- Career goals
- Opportunities
- Relationships
- Special interests
- Health
- Wellness

It is not the same as independence! You can have a high level of self-determination and still require everyday support.



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# Barriers to Setting Goals

- Feeling anxious or worried about the changes that goals can bring
- Feeling tired or unmotivated
- Having thoughts freeze up when trying to set goals
- Finding it difficult to articulate your goals
- Fearing that your goals might not align with what your family or culture expects
- Remembering experiences where things did not turn out well, and feeling discouraged



# Step 1

## Brainstorm Goals

What kinds of goals are there?

Short-term  
goals

Long-term  
goals

Unrealistic  
goals

Realistic  
goals

A GOAL  
WITHOUT  
A PLAN  
IS JUST  
A WISH



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# Step 2

## Choose A Small Goal

Daily Living Skills	Clean up bedroom	Cook meals	Do laundry
Employment	Review job postings	Meet with an employment counsellor	Practice interview skills and scripts
Health	Listen to relaxation recordings everyday	Set up an exercise routine	Drink more water
Independence	Take the bus to a new place	Go grocery shopping alone	Get a driver's license
Leisure, Recreation, Hobbies	Read books	Learn a new instrument	Create art
Relationships	Find a girlfriend/boyfriend	Visit relatives	Plan a fun weekend with friends

# Step 3

## Format into SMART Goals

**S M A R T**



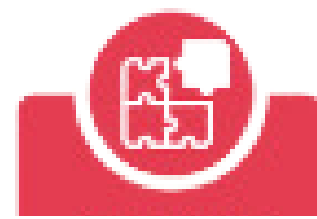
**Specific**



**Measurable**



**Attainable**



**Relevant**



**Time-Bound**



**05**

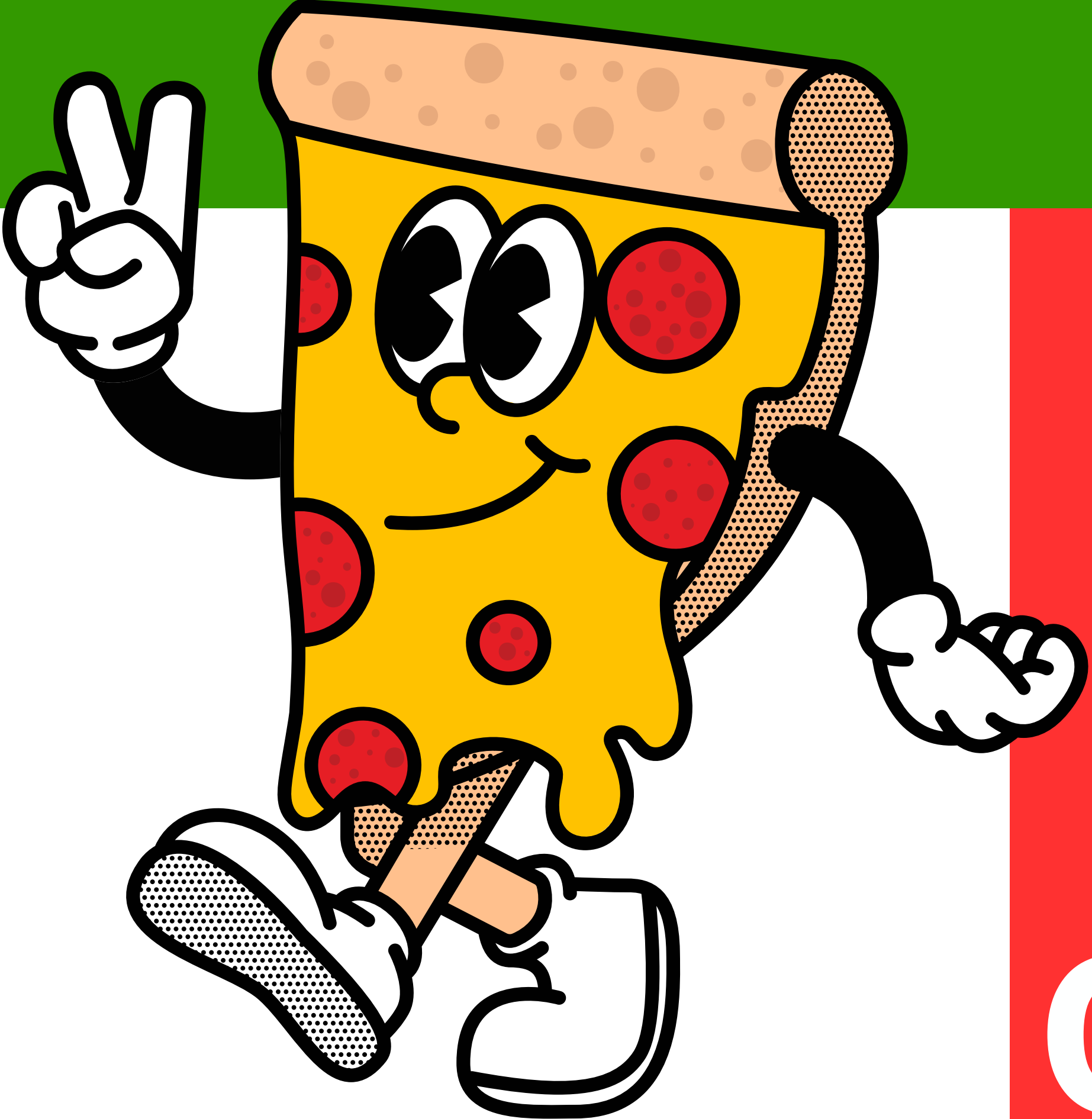
# Step 4

## Take Action

- You've already started to take action!
- Autistic Inertia: what is it and how to counter it?
  - Body Doubling
  - Attach it to an existing task
  - Setting a time limit



# 10 minute break



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# Step 5

## Track Progress

Check in after a week:

Score	Goal attainment
1	No progress, no change, or decline
2	Some progress or change, or current level maintained
3	Sufficient progress or change
4	Greater outcome than expected
5	Much greater outcome than expected



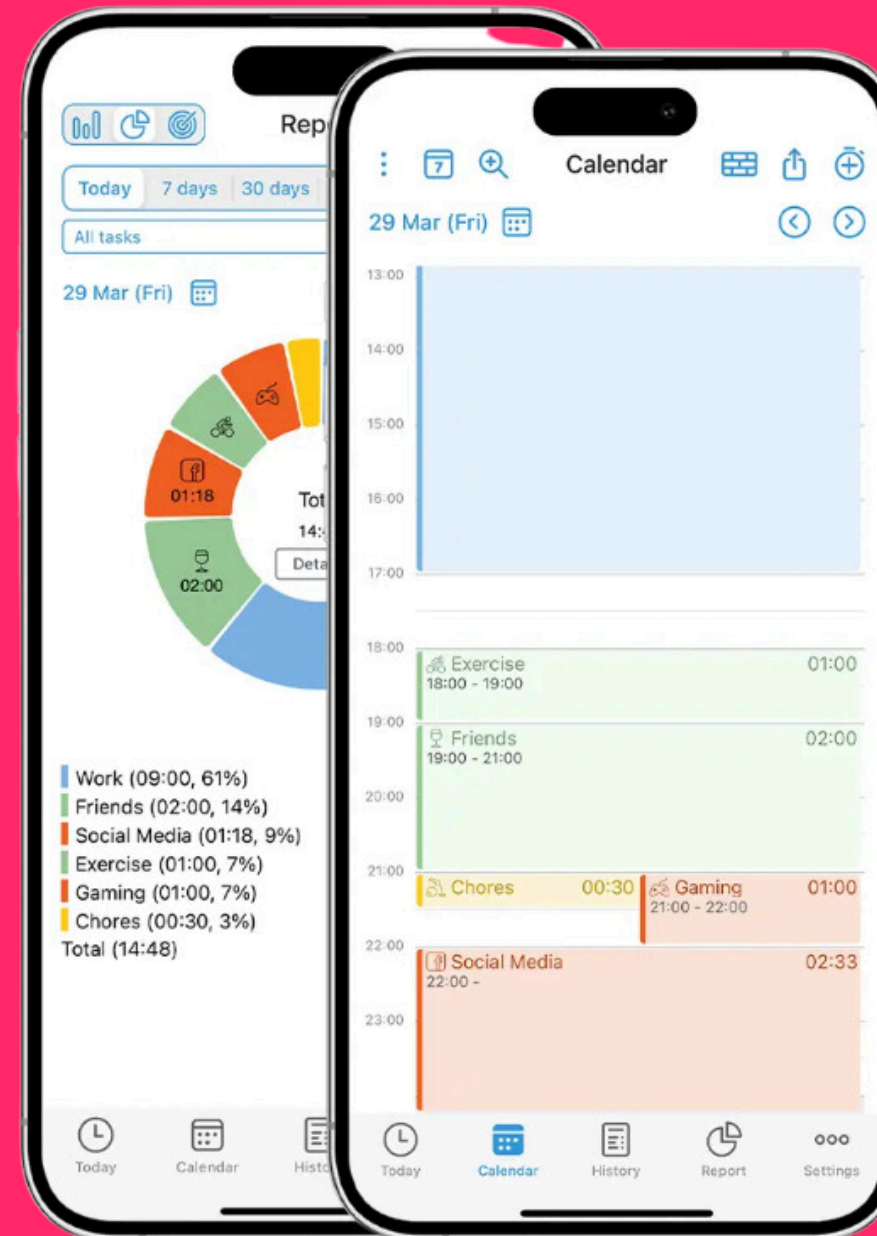
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# Step 5

## Track Progress

### Other ideas:

- Print off a weekly or monthly calendar and write down goals for each day
- Print off a weekly or monthly calendar and write down what you accomplished each day
- Checklist (did I work on the goal yes/no)
- Use an app



# Step 6

## Revise Goals

**REFLECT**  
**RETHINK**  
**REVISE**

### Questions to ask:

- Did I meet my own expectations?
- If it didn't work out, what has helped me with goals or tasks in the past?
- How am I feeling about this goal?
- Can I make it more specific or work on a smaller step?
- What can I do if I'm feeling frustrated or stressed?
- Should I take a break from this goal?
- Should I set a different goal?
- How can I celebrate the work I've done on this goal?



# Things to Remember

- Goal setting involves taking risks!
- It is okay to feel frustrated or disappointed
- It is okay to be proud of yourself and to express this
- The more you practice it, the more it becomes a part of your natural routine





Thank You for Joining Us!

Workshop Slide  
Presentation

