

G.O.A.L.S Coaching Session Notes

Youth Name:	Date:
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Primary Skills Areas (✓ the primary and secondary area(s) youth will work on)						
<input type="checkbox"/> Daily Living/Home Management & Safety	<input type="checkbox"/> Self-Care/Health/ Nutrition	<input type="checkbox"/> Relationships & Communications/Personal Development	<input type="checkbox"/> Housing & Money Management	<input type="checkbox"/> Work/ Study Life & Organizational Skills	<input type="checkbox"/> Careers & Education	<input type="checkbox"/> Permanent Connections
Secondary Skills Areas						
<input type="checkbox"/> Food/Nutrition <input type="checkbox"/> Home Cleanliness <input type="checkbox"/> Cooking <input type="checkbox"/> Laundry <input type="checkbox"/> Food Storage <input type="checkbox"/> Home Safety <input type="checkbox"/> Grocery Shopping <input type="checkbox"/> Meal Planning <input type="checkbox"/> Meal Preparation <input type="checkbox"/> Bathroom Clean Up <input type="checkbox"/> Home Repairs <input type="checkbox"/> Utilizing Cleaning Products	<input type="checkbox"/> Physical/Dental Health <input type="checkbox"/> Mental Health <input type="checkbox"/> Medication Management <input type="checkbox"/> Health <input type="checkbox"/> Personal Benefits <input type="checkbox"/> Personal Hygiene <input type="checkbox"/> Personal Safety <input type="checkbox"/> Sexuality <input type="checkbox"/> Alcohol/Drug Prevention <input type="checkbox"/> Maintaining A Balance Diet <input type="checkbox"/> Sexual Education <input type="checkbox"/> Exercise	<input type="checkbox"/> Developing Relationships <input type="checkbox"/> Communication <input type="checkbox"/> Cultural Competency <input type="checkbox"/> Spirituality <input type="checkbox"/> Domestic Violence <input type="checkbox"/> Healthy Relationships <input type="checkbox"/> Etiquette <input type="checkbox"/> Conflict/Resolution	<input type="checkbox"/> Budgeting/Spendin g <input type="checkbox"/> Banking/Credit <input type="checkbox"/> Paying Bills <input type="checkbox"/> Savings <input type="checkbox"/> Housing <input type="checkbox"/> Transportation <input type="checkbox"/> Income Tax	<input type="checkbox"/> Personal Development <input type="checkbox"/> Study Skills <input type="checkbox"/> Time Mgmt <input type="checkbox"/> Employment <input type="checkbox"/> Legal <input type="checkbox"/> Maintaining Scheduled Appointments <input type="checkbox"/> Computer Basics <input type="checkbox"/> Filling Out Job Applications <input type="checkbox"/> Maintaining Employment <input type="checkbox"/> Networking	<input type="checkbox"/> Education Plan <input type="checkbox"/> Financial Aid <input type="checkbox"/> Career Planning <input type="checkbox"/> Interview Skills <input type="checkbox"/> Resume Writing <input type="checkbox"/> Job Search <input type="checkbox"/> Professional Attire <input type="checkbox"/> Maintaining Employment <input type="checkbox"/> Networking	<input type="checkbox"/> Establishing Family/Positive Adult Connections <input type="checkbox"/> Maintaining Family/Positive Adult Connections <input type="checkbox"/> Legal Permanency <input type="checkbox"/> Permanency

Goals
Outcomes
Actions
Life Skills
Supports
Additional Notes: