



Occupational Therapy- Goal Setting Tool

How to Use:

1. Print, cut and laminate all pages of the document
2. Use either the parent rating prompt cards or the child self-reflection prompt cards within your goal setting session
3. Pick a task card and allow the child to self-reflect and rate their ability to complete each task by placing the task card next to one of the child self-reflection prompt cards (if working with the child).
4. Alternatively, when working with a parent, place the task cards next to the parent rating prompt cards. These cards are used best when utilising them for a functional assessment report.
5. Gather the cards that the child has rated himself as either "needs help" or "needs a lot of help with this task.
6. Allow the child to rate how important this task is for him using the motivation evaluation prompt cards.
7. Define goals collaboratively with the client based on the outcome and discussions of the assessment results.

Occupational Therapy Goal Setting

Jin-Ying Zhang



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