

NDIS Goal Setting Worksheet

Use this worksheet to prepare meaningful goals for your NDIS plan

Your NDIS plan is built around your goals. This worksheet helps you think clearly about what you want to achieve and how your supports can help get you there. Complete before your planning meeting.

Good goals are personal. They describe something you genuinely want in your life — not what sounds good on paper. They can be big (get a job) or small (go to the shops by myself). All goals matter.

ABOUT YOU

My name:

My primary disability or diagnosis:

The people who support me most (family, carers, key workers):

MY GOALS — DAILY LIVING

What do you want to be able to do in your day-to-day life? Think about personal care, cooking, housework, getting around.

Goal 1:

How will Lyft Community help me achieve this?

Goal 2:

How will Lyft Community help me achieve this?

MY GOALS — COMMUNITY & RELATIONSHIPS

What do you want to do in your community? Who do you want to connect with? What activities or interests do you want to pursue?

Goal 3:

How will Lyft Community help me achieve this?

MY GOALS — HEALTH & WELLBEING

Goal 4:

How will Lyft Community help me achieve this?

MY GOALS — LEARNING & INDEPENDENCE

Goal 5:

How will Lyft Community help me achieve this?

MY STRENGTHS & WHAT WORKS WELL

What are you good at? What do you enjoy? What support approaches work well for you?

My strengths and interests:

What support approaches work best for me:
