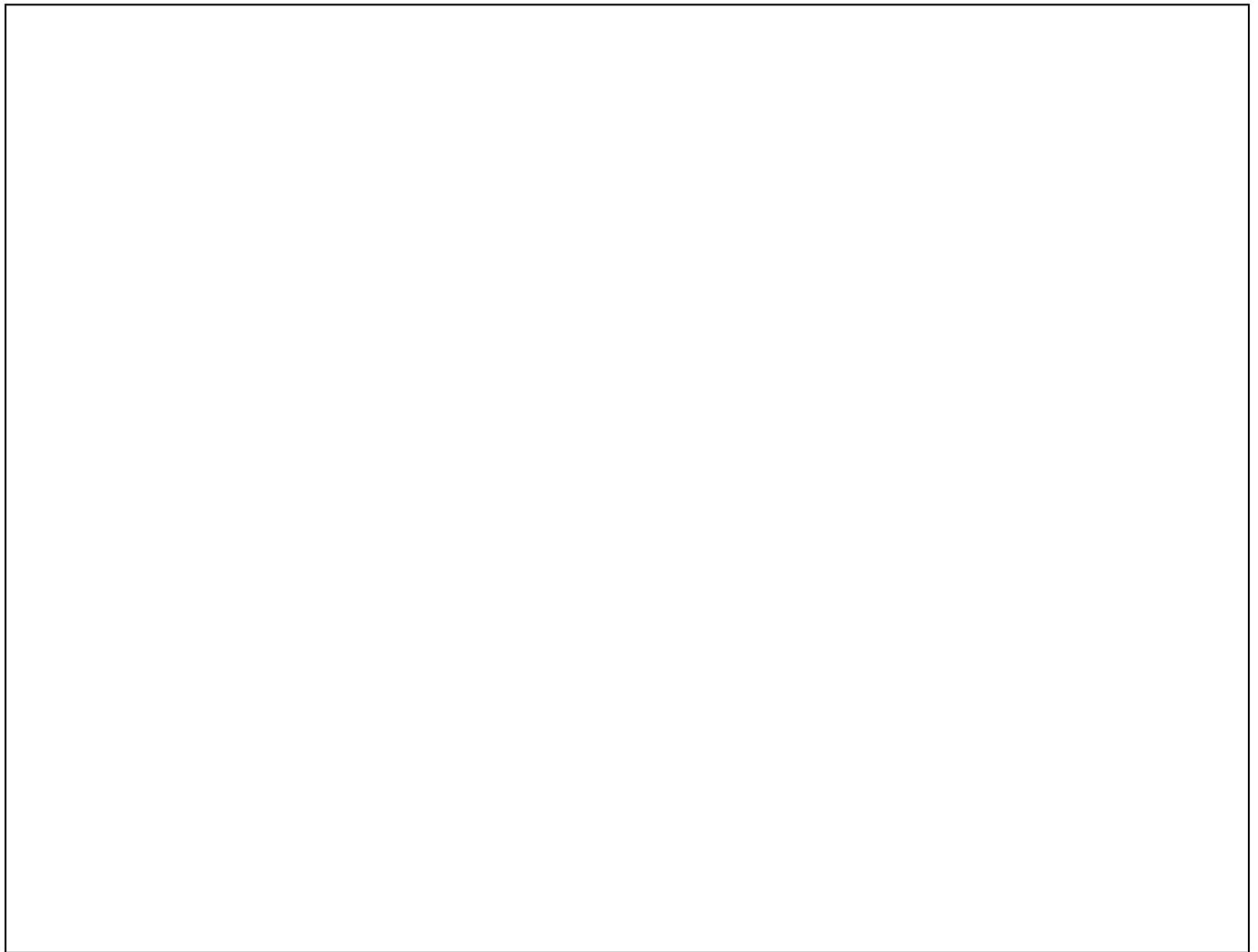


## Learning Plan Worksheet

*My life. My goals. On my terms.*

Here is a brainstorming activity that can help you develop learning goals that are meaningful to you. Start by thinking about your journey: What is important to you? Who is important to you? What are you really proud of? What are your strengths? What goals have you achieved? What are some areas of opportunity? What skills do you want to develop? What interests do you want to pursue? What changes do you want to see in your community or in your relationship to yourself and others?

Explore some of these ideas in a way that works best for you (e.g., in the space below, on a sketchpad, digitally). You can write in point form or full sentences, or just jot down a word. Feel free to add pictures, link to resources or use different colours and fonts. Remember, these are your thoughts, so you get to decide how you represent them and if or how you share them.

A large, empty rectangular box with a thin black border, intended for the student to write or draw their brainstormed ideas and learning goals.

Based on your brainstorming, what are three goals you want to work toward or explore over the next three months in the CLC? Your goals may change over time, and that's okay. It shows that you are learning new things and making progress. Remember to celebrate those moments!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Would you like to discuss your goals or learning plan with a member of the CLC team? Do you need assistance filling out this worksheet, or do you require accommodations? If you have questions or suggestions, email us at [clc@camh.ca](mailto:clc@camh.ca) or call 416 524-2137 or 416 436-6560.

### **Resources to Help You Develop Learning Goals:**

**[DEBORAH Goal Setting Model](#)**: This guide from the Centre for Innovation in Peer Support helps you identify personal strengths and supports you can build on to achieve your goals. It can also help you work toward goals that are less tangible (e.g., I want to feel more connected to others).

**[Clarifying Values and Making Life Changes Worksheet](#)**: This exercise guides you through a process of identifying your values and using them to set and achieve goals.

**[VIA Character Strengths Survey](#)**: This short survey helps you identify your greatest strengths, which you can use as you work toward your goals.

**[SMART Goals Worksheet](#)**: The SMART model presents criteria that guide you in developing goals that are specific, measurable, attainable, relevant and time-bound.