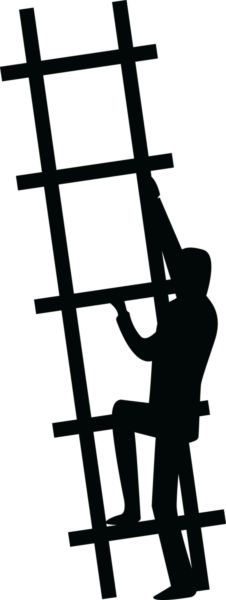
Steps to Reach My Short-Term and Long-Term Goals with YRSA Therapy



Think about these questions related to what you need to do to achieve your short-term and long-term goals.

**I will begin (when):**

**I will do (what):**

**I will do this much (how much or how little):**

**I will do it in this place (where):**

**I will do it in this way (your method, or the steps you will take):**



**You will celebrate reaching your short-term goal by:**



**You will celebrate reaching your long-term goal by:**

