

This activity is for your use only. You may find completing it helpful as you begin the process of setting your goals. Even if you are okay in these areas, it may be helpful to read through the questions.

**Living Arrangement:** Think about your present living arrangement.

1. Are you satisfied with your living situation? The place you live? Your neighborhood?
2. What are some changes you would like to make about your living situation?
3. When?
4. Would you like help in getting a new living situation?
5. Is there anything that will keep you from making these changes?

**Housekeeping:** Think about your current housekeeping skills.

1. Are you responsible for housekeeping tasks where you live?
2. Are there any areas in which you need assistance with housekeeping?
3. Do you have special talents or skills in this area that you would be willing to share with others? If so, what?
4. Do you know of resources available to help you to learn housekeeping skills?

**Eating:**

1. Where do you eat most of your meals?
2. Are there any areas in which your diet needs improvement? What would help you?

**Cooking:**

1. Do you have cooking facilities where you live? What kind?
2. How would you benefit from increased cooking skills?
3. How would you benefit from added meal planning skills?
4. Do you have special talents or skills in this area that you would be willing to share with others? If so, what?
5. Do you know of resources available that would help you with cooking skills?

**Grocery Shopping:**

1. What are any areas of need that you have with respect to grocery shopping (making lists, planning healthy meals, transportation to the store, etc.)?

**Taking Care of Yourself, Your Laundry, and Other Necessities:** (e.g., clothing and grooming supplies)

1. Do you need any assistance with personal grooming or laundry skills?
2. Do you know of resources available to help you with grooming and laundry skills?
3. Do you have special talents or skills in this area that you would be willing to share with others? If so, what?

**Clothing:**

1. Do you know of community resources that can provide you with clothes if you need them? Is this an area of need for you, especially if you're thinking about job interviews or going to school?