

# Agenda

## Independent Living Group: Goals 10/09/19

- Objectives:** Instill the importance of goals and encourage patients to identify lifestyle goals that will influence financial and career choices. Continue to build rapport.
- Activity:** Who is the Winner
- This activity consists of each patient having a different instruction to carry out while passing balls around.
- Discussion:** What can we learn from this activity?  
Who won the activity?  
How did you determine how you won?  
How do you determine what a successful life is?  
Everyone's perception of success is different. What does a successful life look like to you?
- PowerPoint** Life Style Goals: How do you want to live?
- Developing Dreams Activity:** Patients will draw or write about what they value and aspire to include in their future.
- Homework:** Goals worksheet