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# Planning my future with goal setting

## Step 5 - Planning my Future with Goal Setting

### What are goals?

These are things you want to do in future that help you have a good life.

Hear from NDIS participants and carers about their goals, and how the NDIS is helping them:

Find the transcript of this video here: [Transcript-Goals](#)

Goals are things you put effort into achieving. Goals can be big or small, long or short term, complex or easy. Goals are usually measurable, meaning there's a way of telling if you have achieved them.

Aspirations are hopes and dreams for your future. These are often big and complex goals. They may take a lot of work and time to achieve. Often it is useful to break up these big aspirations into smaller steps. These smaller steps are also goals.

Let's say you love painting and drawing. An aspiration might be to set up a small business to sell your artwork. A goal that would help could be taking a course on managing a small business. This is a shorter-term goal that would be a step towards your aspiration. You know you have achieved this goal when you complete the course successfully. Then you can make another goal towards setting up your small business.

### Why are goals important?

They:

- Give you a focus or something to aim for
- Allow you to see your progress
- Help motivate you, to avoid putting things off
- Help you move forward in your recovery journey.

The reimagine.today workbook (or app) is somewhere to think about your aspirations for the future and make your goals a reality.