# Person-Centred Planning and Goal Setting

## What is a Goal?

A goal is something you want to do or achieve, for example, go on holiday, learn a new skill, or get a job.
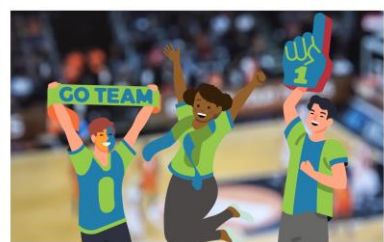
Goals should bring good changes in your life.

## Why is it important to set Goals?

In Person-Centred Planning, you turn your dreams and wishes into goals.

You set clear actions so you can get the right support to reach your goals.

## What should Goals help you to do?

Your goals should support you to be independent, to take risks, to be part of your community, and be an active citizen.