

Goals and goal-based outcomes (GBOs)

Goals record sheet



In coming to this service, what are some of the problems you want help with or goals you want to get to? *(List up to three goals)*

Goal Number	Goal Description
1	Improvement of my child's behaviour and emotional wellbeing
2	My level of confidence in parenting my child
3	

Goals and goal-based outcomes (GBOs)

Goal rating sheet



How close are you to the goals you want to get to?

On a scale from zero to ten, please circle the number below that best describes how close you are to reaching your goal today.

Remember a score of zero means no progress has been made towards a goal, a score of ten means a goal has been reached fully, and a score of five is exactly half way between the two

YOUR FIRST GOAL

Enter brief description of goal and goal number as recorded on the [Goals Record Sheet](#)

— Improvement of my child's behaviour and emotional wellbeing —

Half way to reaching this goal

Goal not at all met 0 1 2 3 4 5 6 7 8 9 10 Goal reached

YOUR SECOND GOAL

Enter brief description of goal and goal number as recorded on the [Goals Record Sheet](#)

My level of confidence in parenting my child

Half way to reaching this goal

Goal not at all met 0 1 2 3 4 5 6 7 8 9 10 Goal reached