



## Caregiver Self-Reflection Activity

Parent Name: \_\_\_\_\_

Date & Time: \_\_\_\_\_

List one or more strength your child shows that can support their ability to learn/grow?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

it is essential to prioritize, identify, and work on a specific goal that can have the most significant impact on your child's ability to adapt and function in multiple important environments and in turn improving the child and their family's quality of life.

List the top areas you would like to prioritize and focus on to support your child's growth.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Based on the list you created above shortlist and select one priority that significantly affects your child's adaptability or functioning in one or more environments. Then, identify and write one goal for you or your family to focus on with the learner which will directly address this priority area.

GOAL:

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List some strategies/ideas you will try out to accomplish this goal:

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Identify a date to re-evaluate the progress you made on your goal: \_\_\_\_\_

Need support accomplishing your ABA goals, reach out & schedule a free 30 min consultation with us.

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