

MY HEARING GOALS

Congratulations on your commitment to improve your hearing abilities!
Use this worksheet to help you set your hearing goals.

ASK YOURSELF

What are my personal interests, hobbies and other things I like to do?

List 3 things that you enjoy below:

1. I like to _____
2. I like to _____
3. I like to _____

What daily activities are important to you?
Where do you want to hear better?

List 3 daily activities below:

1. _____
2. _____
3. _____

THINK IT THROUGH

Setting goals gives you something to work towards, motivates you and can help you track how well you are doing. Use the tips below to start thinking about your hearing goals:

- **Choose a goal that is meaningful and important to you.**
- **Be specific.** State exactly what you want to achieve: I want to be able to talk and understand conversations with my friends when we go out to dinner at Wildwood.
- **Take action.** State the action you will take to accomplish your goal and exactly when you will start & finish your goal. To help me practice understanding words better, I will download Able CLIX this Saturday and complete the placement test by next Friday.
- **Be realistic.** Set goals that you can actually accomplish. I will use CLIX twice a week for 10 minutes during my lunch.

MAKE A PLAN

Review what you wrote and thought about above. Now, write 3 specific hearing goals that you want to achieve. Make sure it is meaningful, specific, action oriented and realistic to give yourself the opportunity to succeed.

My Hearing Goals

1. I want to _____
2. I want to _____
3. I want to _____

CREATE A SUPPORT SYSTEM

Telling others what your goals are helps you stay committed and gain the support of other people.

Who do you want on your support team? Who can encourage you and help you if you need it?

List 2 or 3 people who might be willing to work with you regularly on some listening activities or check in with you to see how you are doing with reaching your goals:

My Support Team

1. _____
2. _____
3. _____

Now, share your Hearing Goals with your Support Team listed above. Remember to bring or email your hearing goals to your Hearing Healthcare Specialist (Audiologist, Speech-Language Pathologist, Auditory Verbal Therapist, etc.) so they can help you work towards achieving your hearing goals.

Access listening activities to support your hearing goals at <https://thelisteningroom.com>

Join a community that supports your hearing goals today at [HearingJourney.com](https://hearingjourney.com)