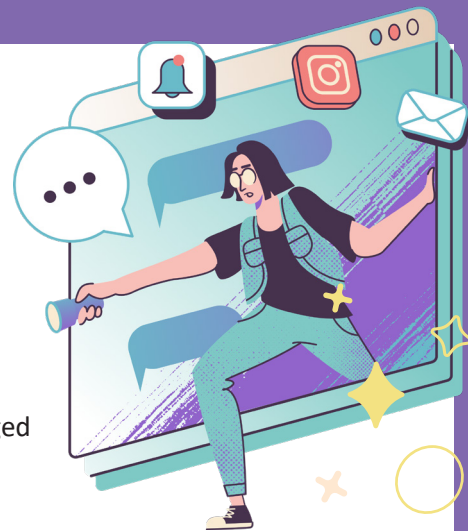


Tip!
You can stick this note on
e.g. the refrigerator door.



Talking Digital - Putting Goals into Practice

Write down the digital goals for your young person's everyday life that emerged when you took the **Talking Digital questionnaire**. Even one goal is enough.

- Goal: For example: The phone sleeps in a different room than me.
- How to achieve this goal: For example: 1. I put my the phone in the hallway by 10 p.m. I suggest that other family members also keep their phones there at night.

Goal 1:	
How do I achieve this goal?	
How do I remember what I promised?	

Goal 2:	
How do I achieve this goal?	
How do I remember what I promised?	

I promise to take this form home and discuss it with my guardian(s).

Yes No

Signatures:

Young person: _____

Date: _____

Professional: _____

Date: _____

Turn the page to follow up on your goals.



Following up on the goals at home 2 weeks later at the latest

Date: _____

Goal 1:	
----------------	--

What worked?	
--------------	--

What could work better?	
-------------------------	--

How will I continue with this goal?	
-------------------------------------	--

Goal 2:	
----------------	--

What worked?	
--------------	--

What could work better?	
-------------------------	--

How will I continue with this goal?	
-------------------------------------	--

Additional question: What are some fun things you could do more as a family? _____

The next time the goals and follow-through will be reviewed: _____
(date, put in calendar!)

Signatures:

Young person: _____

Date: _____

Professional: _____

Date: _____