

Goal-setting Worksheet

The following questions are meant to help you select a specific goal and identify some realistic action steps to meet that goal. By the end of this worksheet, try to identify a specific next step that you are confident that you can begin immediately and are likely to complete with success.

1. What specific area of change you are thinking about now?

2. List the main reasons why this change is important to you now. Keep in mind your own personal priorities and vision for wellness, not just what others might say about why this should be important to you.

3. Consider possible next steps you'd be willing to take to make progress in this area. Brainstorm some possibilities and record them here:

4. Look at your list of possible next steps and consider what would be most enjoyable, most gratifying, and most likely to succeed. Circle those from the list above.

5. List some possible sources of support (people, resources) to help you successfully make change.

Transforming Values and Desires into Action

6. Think of possible roadblocks as you attempt steps toward change. How will you work around them?

7. How will you know that you are making progress? When might the time come to rework your plan?

8. Considering your responses above, write down a specific goal that seems important and realistic for you. Try to make the goal specific, measurable, achievable, relevant, and time-limited.

My specific goal is to:

My next step(s) to meet that goal is:

My confidence in my abilities to achieve that goal is ____ (0 = no confidence and 10 = total confidence; consider refining the goal if your confidence rating is below a 7).
