

Worksheet: Goal Setting

Step 1: Identify areas of your life you would like to improve

Rate each area out of 10 if you are unsure.

- *Work and Vocational Involvement:* / 10
- *Hobbies and Recreational Interests:* / 10
- *Relationships and Social Activities:* / 10
- *Health and Personal Growth:* / 10

Step 2: Identify specific long-term and short-term goals

- *Long-term goals are things you might achieve in months or years.*
- *Short-term goals are things you can do in days or weeks.*
- *Be creative! Your short-term goals only have to be small steps toward your long-term goals*

Step 3: Schedule something you can do each day toward your goal

- *Find something you can do each day or week towards your goals.*
- *Write down when you will do it, tell other people and use reminders!*
- *If you are not doing something and want to do it, it's probably too hard or not worthwhile right now – so, pick something easier to do or more aligned with your current values.*