

Choosing Your Goals

Worksheet

This chart can help you to identify how satisfied or happy you are in life areas. Then you can decide in which areas you want to make changes and set some new goals.

It could be helpful to work with your treatment team if you would like some additional support with this exercise.

How Satisfied or Happy Am I?

Life Areas	 Not Satisfied	 Satisfied	 Very Satisfied
 Housing			
 Doctor/ treatment team			
 Medication			
 Education			
 Work (paid or volunteer)			
 Money/finances			
 Relationship with family			

Life Areas	 Not Satisfied	 Satisfied	 Very Satisfied
 Relationship with friends			
 Romantic relationships			
 Belonging to a community			
 Overall health			
 Fun/hobbies/ enjoyment			
 Spirituality			
 Other			

These are 3 life areas in which I would like to improve or set a new goal:

- 1 _____
- 2 _____
- 3 _____