

Goal Setting

Worksheet

This worksheet can help you set new recovery goals that are meaningful and important to **YOU**. Fill it out yourself or with a member of your treatment team.

It may be helpful to start with a **short-term goal** (one that can be achieved in the next 3 months) before looking at a **long-term goal** (one that may take several months or even years to accomplish).

Example:

Life area to improve:
Overall health

My chosen goal:
Lose 5 pounds

Step to reach goal:
Take a walk 3 times a week with my friend

Life Area to Improve:

Possible goals	 Pros	 Cons
1		
2		
3		

My Chosen Goal:

Steps I can take to reach my goal	By when	Who can help	<input checked="" type="checkbox"/>
1			<input type="checkbox"/>
2			<input type="checkbox"/>
3			<input type="checkbox"/>
4			<input type="checkbox"/>
5			<input type="checkbox"/>
6			<input type="checkbox"/>

Follow-up: Have you reached your goal? If not, try to create a new plan.