

Goal Planning Sheet

1 BRAINSTORM

(Write down as many goals as come to mind, perhaps separating the areas of home, work, leisure, relationships)

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Home	Work	Leisure	Relationships
◆ ◆ ◆	◆ ◆ ◆	◆ ◆ ◆	◆ ◆ ◆
2 REWRITE THREE GOALS WITH SPECIFIC, TIMED OUTCOME (eliminate or modify unrealistic goals)		3 IDENTIFY STEPS NECESSARY TO ACHIEVE GOALS	
i	◆ ◆ ◆	◆ ◆ ◆	◆ ◆ ◆
ii	◆ ◆ ◆	◆ ◆ ◆	◆ ◆ ◆
iii	◆ ◆ ◆	◆ ◆ ◆	◆ ◆ ◆
		4 POTENTIAL OBSTACLES	