## **Goal Setting Sheet**

change	l want	to mak	e is					
	•••••	•••••			• • • • • • • • • • • • • • • • • • • •	••••••		
ionth I v	will (WI	HAT? e.	g. walk)					
••••••	•••••	••••••	••••••	••••••	• • • • • • • • • • • • • • • • • • • •	•		
············	•••••	••••••	••••••		•••••			
	is to vo	nı? (Ple	ase circ	le Ifle	ss than	7 start (	over)	
2			5	6	<b>7</b>	8	9	10
rtant								10= very important
(e.g. 15	minut	es)						
efore lu	unch)							
ays? (e.	.g. on 3	days)						
E								
nt are y	ou tha	t you w	ill be ak	ole to ac	chieve i	t? (Pleas	se circle	e, if less than 7 start ove
2	3	4	5	6	7	8	9	10
dence								10= very confident
his goa	l to be	followe	d up by	′				
ne YES/	/NO	Follo	w-up a	ppoint	ment Y	ES/NO	In gr	oup YES/NO
cle)								
2 weeks		3 we	3 weeks		4 weeks		onths	3 months
the we	ek begi	inning			•••••			
	ionth I victorial in the control in	ionth I will (William)  ice ant is this to you and is this to you and is this to you and it is this to you are also and it is a second and it is a	conth I will (WHAT? e	this goal to be followed up by ne YES/NO  Figure 2  3  4  5  Frant  (e.g. 15 minutes)	conth I will (WHAT? e.g. walk)  Estant is this to you? (Please circle. If lease to see the second of	conth I will (WHAT? e.g. walk)  Eart is this to you? (Please circle. If less than  2 3 4 5 6 7  Eart ant  (e.g. 15 minutes)  Defore lunch)  Days? (e.g. on 3 days)  Eart are you that you will be able to achieve in  2 3 4 5 6 7  Eart are you that you will be able to achieve in this goal to be followed up by	conth I will (WHAT? e.g. walk)  Examt is this to you? (Please circle. If less than 7 start of the control of th	conth I will (WHAT? e.g. walk)  Examt is this to you? (Please circle. If less than 7 start over)  2 3 4 5 6 7 8 9  Extant  (e.g. 15 minutes)  Defore lunch)  ays? (e.g. on 3 days)  Examt are you that you will be able to achieve it? (Please circle  2 3 4 5 6 7 8 9  Extended  Chis goal to be followed up by  Ine YES/NO Follow-up appointment YES/NO In grace)