

## Personal Goal-Setting Worksheet

1. Identify a general change you want to make:

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2. Translate this change into a behaviour or action that can be observe or measured. How Would I know that you had accomplished this goal? Ensure this is a change in your behaviour, not another person's behaviour:

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3. Concrete and specific details of your goal.

a. What: \_\_\_\_\_

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b. When: \_\_\_\_\_

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c. Who else is involved: \_\_\_\_\_

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d. Where: \_\_\_\_\_

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e. How much or how often: \_\_\_\_\_

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4. How is this behaviour different from your current behaviour?

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5. Is this goal realistic based on your current capabilities, circumstances, and resources? If not, how do you need to revise your goal?

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6. Are there any obstacles to achieving this goal? Do you need to set interim goals to overcome these obstacles? If so, what are the interim goals?

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7. Is this goal relevant and worthwhile? Does it match your values and needs in your life at this point in time? In other words, is it where you want to put your energy right now?

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8. What would be the rewards to you of accomplishing this goal?

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9. What would my life be like if I accomplished this goal?

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10. What visual representation can I put up in my home/office/car that will remind me to work on my goal?

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11. What statement or affirmation can I repeat to myself to keep me motivated in achieving this goal? How can I remind myself that I want to achieve this goal?

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