

Goal Setting

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	Completed
1.			
2.			
3.			
4.			
5.			
6.			

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

For more information and free recovery resources, visit
www.ChoicesInRecovery.com