





















# Choosing Your Goals

This chart can help you to identify how satisfied or happy you are in life areas. Then you can decide in which areas you want to make changes and set some new goals.

It could be helpful to work with your treatment team if you would like some additional support with this exercise.

## How Satisfied or Happy Am I?

LIFE AREAS	 <b>Not Satisfied</b>	 <b>Satisfied</b>	 <b>Very Satisfied</b>	LIFE AREAS	 <b>Not Satisfied</b>	 <b>Satisfied</b>	 <b>Very Satisfied</b>
 Housing				 Relationships with friends			
 Doctor/treatment team				 Romantic relationships			
 Medication				 Belonging to a community			
 Education				 Overall health			
 Work (paid or volunteer)				 Fun/hobbies/enjoyment			
 Money/finances				 Spirituality			
 Relationships with family				 Other			

These are three life areas in which I would like to improve or set a new goal:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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