

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