

Goal Setting & Action Planning Worksheet

▶ **Goal:** Something you WANT to start trying to do that would be good for you or improve how you feel:

▶ **Describe:**

What you'll do: _____

Where you'll do it: _____

Number of times each day/week: _____

How long will you commit to doing this? _____

▶ **Possible barriers to your success:**

▶ **Plan to overcome the barriers:**

▶ **Conviction:**

How **convinced** are you that it is important to work on the goal you identified above? (circle your response)

Not at all convinced 1 2 3 4 5 6 7 8 9 10 Totally convinced

▶ **Confidence:**

How **confident** are you that you will be successful in reaching the goal you identified above? (circle your response)

Not at all confident 1 2 3 4 5 6 7 8 9 10 Totally confident

▶ **Plan for follow-up:**
