

## Goal Setting & Revision

Date: \_\_\_\_\_

Research shows that setting goals is important for changing our behaviors. Take a few moments to set your 3 - month behavioral health goals. Please answer the following:

- ① What behaviors would you like to increase or decrease?

BEHAVIOR	IMPORTANCE

- ② What stressors would you like to decrease or remove?

STRESSOR	IMPORTANCE

- ③ What situations would you like to create or experience more often?

SITUATION	IMPORTANCE

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4 What emotions/sensations would you like to increase or decrease?

SENSATIONS	IMPORTANCE

5 What thoughts would you like to increase or decrease?

THOUGHT	IMPORTANCE

What obstacles could interfere with or prevent you from achieving your goals?

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Have you been able to achieve these goals before? If so, how? If not, why not?

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How confident are you now that you can reach your goals? (Fill in a circle)

0   
  10   
  20   
  30   
  40   
  50   
  60   
  70   
  80   
  90   
  100

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What would it mean if you couldn't achieve these goals?

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What would be the significance of achieving your goals? Why do you value them?

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Which goal domain (thoughts, behaviors, etc.) will be easiest to change? Most difficult? Why?

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Based on the previous question, could there be any advantage to changing your goals? Why can't you change them if you think you can't? Could emphasizing behaviors over feelings be useful?

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