

Goal Setting Sheet

GOAL

My goal/the change I want to make is

.....
.....
.....

This week/month I will (WHAT? e.g. walk)

.....
.....
.....

IMPORTANCE

How important is this to you? (Please circle. If less than 7 start over)

1 2 3 4 5 6 7 8 9 10

1= not important

10= very important

How much? (e.g. 15 minutes)

When (e.g. before lunch)

How many days? (e.g. on 3 days)

CONFIDENCE

How confident are you that you will be able to achieve it? (Please circle, if less than 7 start over)

1 2 3 4 5 6 7 8 9 10

1= not confidence

10= very confident

FOLLOW UP

I would like this goal to be followed up by.....

Via: **Telephone** YES/NO **Follow-up appointment** YES/NO **In group** YES/NO

In (please circle)

1 week 2 weeks 3 weeks 4 weeks 2 months 3 months

Follow up in the week beginning.....

Follow up notes

.....