

Goal Setting Worksheet for the Patient

Goal										
What I will do										
When I will do it										
How often I will do it										
Who will help me										
Problems to reaching this goal										
What I can do to fix the problem										
How certain are you that you will reach your goal? (Circle one)	1	2	3	4	5	6	7	8	9	10
	Not Sure			Maybe				Very Sure		
My reward when I reach this goal										