

# Goal Setting Worksheet for the Patient

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