

Goal Setting Worksheet for the Patient

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|--|-----------------|----------|----------|--------------|----------|----------|----------|------------------|----------|-----------|
| 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 | | | | | | | | | | |