

Goal Setting & Revision

Date _____

Research shows that setting goals is important for changing our behaviors. We'd like you to 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 be in more often?

Situation

Importance

_____	_____
_____	_____
_____	_____

- 4) What emotions/sensations/physiological would you like to decrease (or increase)?

Sensations

Importance

_____	_____
_____	_____
_____	_____

- 5) What thoughts would you like to decrease or increase?

Thought

Importance

_____	_____
_____	_____
_____	_____

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6) What obstacles or barriers could interfere or prevent you from, achieving your goals?

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

8) How confident are you now that you can reach your goals (Circle a number)?

0 10 20 30 40 50 60 70 80 90 100

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

10) What would be the significance of achieving your goals? Why do you value it?

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

12) Based on question #11, could there be any advantage to changing your goals? Why can't you change them if you think you can't? (Feel free to revise any, if you choose or explain why or why not) Could emphasizing behaviors over feelings be useful?
