

# Goals for Therapy Worksheet

Name	Date
<b>What is your goal? Be as specific as possible</b>	
<b>Why is this goal important to you?</b>	
<b>When do you want to have achieved your goal?</b>	
<b>What are some obstacles that may prevent you from reaching your goal?</b>	
1.	
2.	
3.	
<b>What are some ways you can overcome these obstacles?</b>	
1.	
2.	
3.	
<b>Next Steps: Outline 3 things you can do right now to start working toward your goal.</b>	
1.	
2.	
3.	