

Motivational Worksheet

Patient Profile	
Full Name:	
Date:	
Age:	
Occupation:	
Contact Information:	

Goal Setting	Questions	Client's Responses
Identify Goals:	<i>What are your main goals at this moment?</i>	
Prioritize Goals:	<i>Which of these goals is most important to you right now?</i>	
SMART Check:	<i>Are your goals Specific, Measurable, Attainable, Relevant, Time-bound?</i>	

Motivation and Obstacles	Questions	Client's Responses
Motivation:	<i>What is motivating you to achieve these goals?</i>	
Obstacles:	<i>What obstacles do you foresee in achieving these goals?</i>	

Problem-solving:	<i>What are some potential solutions to these obstacles?</i>	
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Current Actions and Strategies	Questions	Client's Responses
Actions Taken:	<i>What steps have you already taken towards your goals?</i>	
Future Plans:	<i>What will be your next steps?</i>	
Support System:	<i>Who or what can provide support or assistance in reaching your goals?</i>	
Strategies Applied:	<i>What strategies are you currently using to work towards your goals?</i>	
Strategies Efficacy:	<i>On a scale of 1-10, how effective do you find the current strategies?</i>	
Plans for Strategy Modification:	<i>Do you plan to modify or change any strategies? If yes, what and why?</i>	

Self-Reflection	Questions	Client's Responses
Commitment Level (1-10):	<i>How committed are you to achieving these goals?</i>	
Confidence Level (1-10):	<i>How confident are you in your ability to achieve these goals?</i>	
Readiness for Change (1-10):	<i>How ready are you to make changes needed to achieve these goals?</i>	
Success Visualization:	<i>How do you visualize success in your goal achievement?</i>	
Counselor's Remarks:	<i>Any observations, insights, or recommendations from the counselor.</i>	