## **Therapy Goals Worksheet**

| Basic Information  |                                |                                       |        |  |
|--|--------------------------------|---------------------------------------|--------|--|
| First Name   | Last Name                      | Date of Birth                         | Gender |  |
| Describes the conclusion for the conclusion of                               | \                              |                                       |        |  |
| Describe the problem/issue(s) that brought you to this therapy               |                                |                                       |        |  |
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|  |                                | y Goals                               |        |  |
|  | lld like to work on during the | therapy sessions                      |        |  |
| Goal 1  Describe your goal   |                                |                                       |        |  |
| Describe your goar   |                                |                                       |        |  |
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| Describe the steps you can take to achieve this goal                         |                                |                                       |        |  |
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| Describe how your life will change, if this goal is achieved                 |                                |                                       |        |  |
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|  |                                |                                       |        |  |
| On a scale of 1-10, how far are you along the journey of achieving this goal |                                |                                       |        |  |
| 0 01 02 03   | □4 □5 □6 □                     | 7 □ 8 □ 9 □ 10<br>Completely Achieved |        |  |

|  | Basic in                              | ormation                              |        |  |
|--|---------------------------------------|---------------------------------------|--------|--|
| First Name   | Last Name                             | Date of Birth                         | Gender |  |
| Therapy Goals (Continued)  |                                       |                                       |        |  |
| Goal 2   |                                       |                                       |        |  |
| Describe your goal   |                                       |                                       |        |  |
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| Describe the steps you can take to achieve this goal                         |                                       |                                       |        |  |
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| Describe how your life will ch   | ange, if this goal is achieved        |                                       |        |  |
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|  | re you along the journey of ac        |                                       |        |  |
| □ 0 □ 1 □ 2 □ 3 Not Achieved ————  | ☐ 4 ☐ 5 ☐ 6 ☐ Moderately Achieved ——— | 7 □ 8 □ 9 □ 10<br>Completely Achieved |        |  |
|  | •                                     | . ,                                   |        |  |
| Goal 3  Describe your goal   |                                       |                                       |        |  |
| Describe your goar   |                                       |                                       |        |  |
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| Describe the steps you can take to achieve this goal                         |                                       |                                       |        |  |
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| Describe how your life will change, if this goal is achieved                 |                                       |                                       |        |  |
| Describe now your me will change, it this goal is achieved                   |                                       |                                       |        |  |
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|  |                                       |                                       |        |  |
| On a scale of 1-10, how far are you along the journey of achieving this goal |                                       |                                       |        |  |
|  | 4 5 6                                 | 7                                     |        |  |
| Not Achieved ────  | Moderately Achieved —                 | → Completely Achieved                 |        |  |