### Goal Setting Worksheet

**My goal for the next month is** (What I want to do – example: start exercising):

_____________________________________________________________

_____________________________________________________________

**My action plan** (Something I want to do this week. Be specific, what, where, how often)

_____________________________________________________________

_____________________________________________________________

**The things that can make it hard for me to reach my goal.** (Weather, pain, lack of support)

_____________________________________________________________

_____________________________________________________________

**I will do this to help me reach my goal** (exercise in doors, pack my lunch, walk with a friend)

_____________________________________________________________

**The help I will need to reach my goal** (friends, family, healthcare team, more information)

_____________________________________________________________

_____________________________________________________________

**I believe that I can reach my goal:**

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not at all</td>
<td>Somewhat</td>
<td>Very Sure</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Follow up plan** (how – phone, e-mail, clinic visit and when):

_____________________________________________________________

**Date for follow-up**

_____________________________________________________________

Goal Setting Worksheet Ver3.0 – July 2013