# GOAL-SETTING WORKSHEET

<table>
<thead>
<tr>
<th>Category</th>
<th>Current practice</th>
<th>Goal</th>
<th>Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anger management</td>
<td>(Ex: keep a log of angry incidents)</td>
<td>(Ex: take two practice time-outs)</td>
<td>(Next week)</td>
</tr>
</tbody>
</table>

**Physical health**

- Exercise
- Diet (food, drinks, drugs/alcohol, etc.)
- Sleep
- Medical

**Family/relationship**

**Living situation**

**Employment**

**Finances**

**Recreation/hobbies**

**Social life**

**Personal growth**
(therapy, meditation, etc.)

**Spirituality/religion**

**Other**

Date ________