

## GOAL-SETTING WORKSHEET

<b>Category</b>	<b>Current practice</b>	<b>Goal</b>	<b>Deadline</b>
<b>Anger management</b>	<i>(Ex: keep a log of angry incidents)</i>	<i>(Ex: take two practice time-outs)</i>	<i>(Next week)</i>

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### **Physical health**

Exercise

Diet (food, drinks, drugs/alcohol, etc.)

Sleep

Medical

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### **Family/relationship**

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### **Living situation**

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### **Employment**

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### **Finances**

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### **Recreation/hobbies**

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### **Social life**

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

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### **Spirituality/religion**

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### **Other**

Date \_\_\_\_\_