

GOAL-SETTING WORKSHEET

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

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 _____