Center for Integrated Healthcare

VA HEALTH CARE Defining EXCELLENCE in the 21st Century

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:

1	2	3	4	5	6	7	8	9	10
	Not at all			Somewhat				Very Sure	

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

_____

Date for follow-up_____