# Goal Worksheet

Case Manager:

Phone #:

Address:

Goal Worksheet

This document is designed to serve as a road map for obtaining the goals you set for yourself. In column A, you should write what it is that you want to achieve. In column B, you and your case manager will identify the specific area that is being addressed by this goal. Column C, outlines

the specific steps necessary to achieve the goal listed in column A. Finally, column D provides “due dates” for each of the steps in column C. The purpose of the due dates is two-fold: 1) keeps you on track and moving forward toward achieving your goal; & 2) allows you to see the progress you have made throughout the process. Keep up the great work…you can achieve the goals you set for yourself if you complete the necessary steps!

|  |  |  |  |
| --- | --- | --- | --- |
| **Column A: Goal** | **Column B: Area of Need**(Circle one) | **Column C: Specific Steps**(list as many as are appropriate given the goal) | **Column D: I will accomplish this step****by…** (insert date) |
|  | Attitudes & Beliefs PeersSelf-regulation/Temperament FamilySubstance Use Employment Education Leisure Housing |  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

Goal Worksheet

|  |  |
| --- | --- |
| **My primary triggers are:** |  |
| **Strengths that can assist me in meeting this goal:** |  |
| **I will celebrate the completion of this goal by:** |  |