

In-Session 2 Worksheet—

Reasons for Wanting to Achieve My Goal

Name: _____

Date: _____

My goal: _____

Checkmark all that apply to your goal.

	I would have more money for things
	I would feel better about myself
	I would be healthier
	I might be a better parent/friend/neighbor
	I would get more done
	I could buy the things I want
	I would look better
	I might live longer
	I would feel less stressed
	I would have more independence
	I would be less lonely
	I would have more self-esteem
	I could get around town independently
	My body would be healthier
	I would get along better with my family
	My physical appearance would be improved
	My family and friends would have a more positive view of me
	I would be less likely to get in trouble with the law
	I could save up money to buy something I really want
	I would benefit from having more structure in my days
	I would feel a sense of purpose
	I wouldn't feel bad or sick from hangovers
	I would start to have meaningful relationships
	I would feel that I would be able to help my community
	I could learn about topics that interest me
	I would live a life that is less risky
	I would feel like I am living my life according to my values
Other	