

## Session 2 At-Home Worksheet— Think About It. Assessing My Goal

Name: \_\_\_\_\_

Date: \_\_\_\_\_

The area of my life I would like to improve: (Check one)

Work  Education  Health  Hobby  Independence   
Connections  Other

The first specific goal I want to work on is:

How long have you been thinking about this goal? (Check one)

Days  Weeks  Months  Years

Have you tried to reach this goal before? Yes  No  If yes, what happened?

Who, in your life, will support this goal?

Who, in your life, will NOT support this goal?

How can your family and friends help? (Be specific)

How can your family and friends hurt your progress? (Be specific)

What (if any) are the resources that can help you reach this goal?