

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?