

## Session 3 At-Home Worksheet— Focusing on My Goal

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

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

Write your 3-month goal in the center. Add the small steps you might take toward reaching your goal in each of the boxes branching out from your goal. You can make the diagram as detailed as you want. We will discuss the steps in more detail during our next session; however, think about what might be a good starting point.

