

Developing a Rewarding Lifestyle: Brief Goal Setting Worksheet for Reinforcing Recovery

<p>(1) Set a goal that is positive, brief, specific, measurable and realistic.</p>	<p>(2) What are the steps you plan to work towards your goal?</p>	<p>(3) How long will you plan for each step to take?</p>	<p>(4) What will be the reward or "positive" with each step?</p>
<p>Circle the general area you would like to make changes in:</p> <p>Alcohol and Other Drug Use Mental Health Physical Health</p> <p>Family + Significant Relationships Employment/Training/Education</p> <p>Recreational/Social Legal</p> <p>Goal for Change – I would like:</p>	<p>Step 1:</p> <p>Step 2:</p> <p>Step 3:</p> <p>Step 4:</p> <p>Step 5:</p>	<p>Step 1:</p> <p>Step 2:</p> <p>Step 3:</p> <p>Step 4:</p> <p>Step 5:</p>	<p>Step 1:</p> <p>Step 2:</p> <p>Step 3:</p> <p>Step 4:</p> <p>Step 5:</p>

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