

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

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

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