

## Developing a Rewarding Lifestyle: Goal Setting Worksheet for Reinforcing Recovery (With Directions)

Consider the Summary Worksheet. Select one or two of the areas, and decide on a goal(s) for the next month or so. (1) Find a goal that is positive. Say what you want to do - not what you don't want to happen. Make the goal brief, specific and decide on how you want to measure it. Make sure the goal is realistic and builds on things that you can do already. Next, what steps will you take to reach that goal (2) and how long will the step take (3)? Finally, what will you have as a reward after each step (4). This might be something good that comes out of the step, or you might plan a specific way to reward yourself positively and celebrate.

<b>(1)</b> Set a goal that is positive, brief, specific, measurable and realistic.	<b>(2)</b> What are the steps you plan to work towards your goal?	<b>(3)</b> How long will you plan for each step to take?	<b>(4)</b> <i>What will be the reward or "positive" with each step?</i>
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: