

Goals

Name _____

Date _____

Life Goal

In five years what will be different about your life?

What will you have in your life that isn't there now?

What won't you have in your life that is there now?

Transition Plan

In the next year what changes need to happen so you can reach your life goal?

What can Psychiatric Behavioral Solutions do to help you achieve your life goal?

Short Term Goal - In One Year...

How will you know you have reached your life goal? What will have changed in your life? (Sobriety, job, relationship with spouse, parents or children...)

Explain what needs to be different in your life in order to reach your life goal.

What do you need to learn in order to reach your life goal?

What changes do you need to make in your life to reach your life goal?

Anything else you feel is important to know about you.

Is there anything else Psychiatric Behavioral Solutions can do to help you?

Barriers and Strengths

Barriers

Tell what makes it difficult to accomplish your life goal?

Why haven't you met your goal?

What do you need to change?

Strengths

What are your best personal qualities?

What characteristics do you use to overcome problems?

Who do you turn to for help with problems?