## Goal Setting: Finding Motivation

**Name:**  
**Date:**

**My goal is:**

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

On a scale from 1 → 10, my goal is (circle one):

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Not at all important</em></td>
<td><em>Somewhat important</em></td>
<td><em>Very important</em></td>
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</tbody>
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What concerns you most about taking steps to achieve this goal?  
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

What do you imagine is the worst thing that will happen if you remain with current behaviors?

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

What is the worst thing that will happen if you change current behaviors?

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

What has worked in the past for you? What was it like?

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

What are 3 action steps you could take to begin working on this goal?

1)

2)

3)