

# GOAL SETTING

## PURPOSE

This goal-setting worksheet can be used to help direct counselling by clarifying for the counsellor and the client the goals they are working to achieve. It assists in breaking down the large goal into manageable chunks and allows for small successes along the way.

## GOAL SETTING

Substance Use Goal:

Abstinence

Harm Reduction

### LONG-TERM GOAL

(What kind of use by what date - be as specific as possible)

### SHORT-TERM STRATEGIES TO ACHIEVE GOAL

(Concrete plans, tasks, or strategies that will help achieve long-term goal)

1.

2.

3.

### LIFE DOMAIN IMPACTED

(Physical health, emotional regulation, financial, workplace, family relationships, spirituality)

### LONG-TERM GOAL

(Be as specific as possible)

### SHORT-TERM STRATEGIES TO ACHIEVE GOAL

(Concrete plans, tasks, or strategies that will help achieve long-term goal)

1.

2.

1.

2.