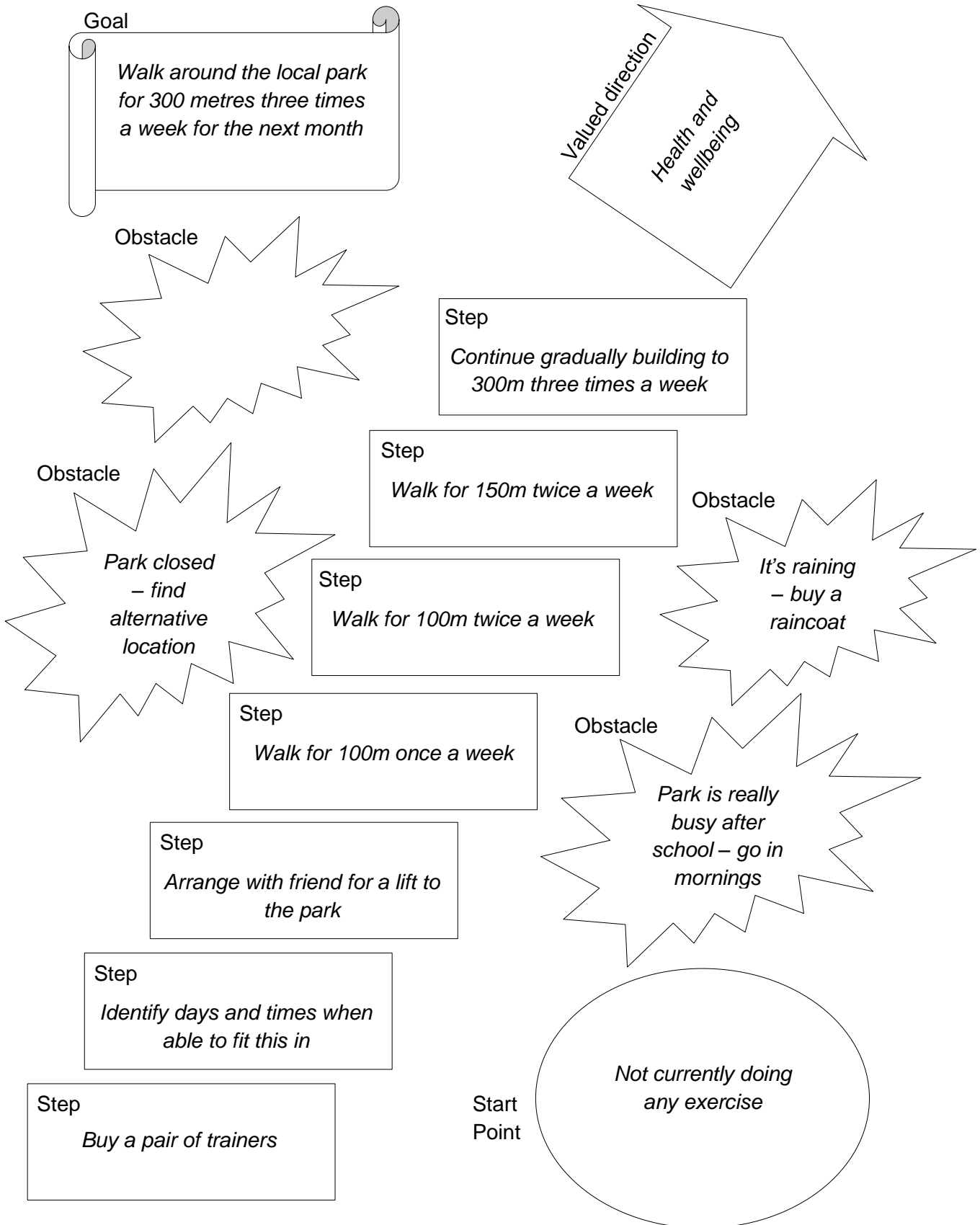


Worksheet 2.3
Goal setting

Here is an example of a completed step-by-step goal setting record.



Worksheet 2.3
Goal setting

Choose a goal that you would like to achieve and complete the step by step record below.
We will discuss how you get on with this at the next session.

Goal

Valued direction

Obstacle

Step

Step

Obstacle

Step

Obstacle

Step

Obstacle

Step

Step

Start Point