

GOALS FOR THE SESSION

My goals

My goal for this session is:

1. _____

A barrier that might stand in the way of achieving this goal is:

Personal and/or professional resources/strengths I have that I can draw on to reach my goal is:

Using a percentage how close am I to achieving my goal right now? _____%

What would a day in my life look like when I get to where I want to be? (see also My Wonder World task)

Other things I would like to share with you that might affect my reaching my goal are:

