



Goals Checklist:

Circle all that apply for you today

1	Reduce a fear	26	Reduce my sensitivity to criticism
2	Have more pleasurable activities	27	Talk out a pending decision
3	Improve communication with my: Spouse / children / friends / other	28	Problem solving and decision making techniques
4	Express myself more assertively	29	Reduce panic attacks
5	Learn how to relax	30	Increase self-esteem
6	Better manage my health	31	Reduce family difficulties
7	Better tolerate my mistakes	32	Reduce job difficulties
8	Better tolerate others' mistakes	33	Better manage my temper
9	Feel less guilt	34	Take initiative more often
10	Feel less depressed	35	Decrease procrastination
11	Better accept a loss or death	36	Better time management
12	Increase my conversation skills	37	Decrease perfectionism
13	Learn how I come across to others	38	Not react so emotionally
14	Not take disappointments so hard	39	Allow myself to express emotion
15	Spiritual growth	40	Feel more self-confident
16	Think more positively	41	Discuss thoughts of harming myself
17	Improve my sexual relationship	42	Discuss thoughts of harming others
18	Manage my eating or weight	43	Adjust better to a recent change
19	Manage my drug or alcohol use	44	Adjust to a past incident
20	Improve my sleep	45	Become more optimistic
21	Better manage my pain	46	Improve my self-awareness
22	Learn how to improve friendships	47	Adopt a more healthy attitude
23	Reduce uncomfortable thoughts	48	Worry less
24	Learn more effective parenting skills	49	Doubt myself less
25	Change a habit (specify):	50	Other goal (specify):

Review your list and decide which **three** goals you most wish to discuss at this time.

My three most important goals are:

First #_____ Second #_____ Third #_____

Date_____ Initials_____