

Therapy Goals Worksheet

Identifying Your Therapy Goals

What is your main reason for seeking therapy?

What specific changes would you like to see?

Setting SMART Goals

To make your therapy goals more effective, use the SMART method (Specific, Measurable, Achievable, Relevant, Time-bound).

For Example :

Goal: "I want to manage my anxiety better"

SMART Goal: I will reduce my daily anxiety by practicing mindfulness exercises for 15 minutes each day, and track my progress using a journal for the next 3 months."

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Define Your Therapy Goals Using SMART

- Specific: Clearly define what you want to achieve.
- Measurable: Determine how you will know when you've reached your goal.
- Achievable: Make sure your goal is realistic given your resources and time.
- Relevant: Ensure the goal aligns with your broader life values.
- Time-bound: Set a deadline for achieving the goal.

Goal #1 :

Goal #2 :