

My Goals for Counselling

A guided journal prompt to help you clarify your intentions and track your progress.

1. Why I'm Seeking Counselling

Write down your main reason(s) for coming to counselling.

- What challenges am I facing right now?
- What emotions or thoughts do I want to understand better?

2. What I Hope to Achieve

Think about what success would look like for you.

- How would I like to feel at the end of my counselling journey?
- What changes or improvements would I like to see in my life?

3. Specific Goals

List 3–5 specific goals you want to work on. Example prompts:

- Reduce anxiety about work deadlines
- Improve communication with my manager or colleagues
- Manage stress without relying on screens or distractions
- Build confidence in social or professional situations

4. My Strengths and Supports

Reflect on your resources and what helps you cope.

- What personal strengths do I bring to this process?
- Who or what supports me in challenging times?

5. Potential Challenges

Consider what might get in the way of your progress.

- Are there habits, thoughts, or situations that make things harder?
- How can I prepare to face these challenges?

6. My Commitment to Myself

Write a short note to yourself about what you're willing to try or focus on during counselling.

- How will I show up for myself in this process?

7. Reflections After Each Session

Leave space to reflect after each session:

- What did I learn today?
- What felt helpful or challenging?
- One action or insight I want to carry forward.

 **Tip:** Keep this journal handy and review it regularly. It can help you notice progress, celebrate small wins, and stay connected to your goals.