



Goal Setting Worksheet – Choices I Make!

Instructions:

Print these pages below and follow these instructions:

1. Make a list of 5 to 10 things that you do not like about your life or things that you would like to change.
2. Next, write the opposite of each item on your list.
3. Using the first and second column think about what you really want in each area. What would be your ultimate wish in this area. It is not necessary to limit this third list by what you think is possible. This list is about what you truly want, not about what is logical or feasible. Make sure that all choice statements are positive and written in the affirmative. For example, use words like “health” rather than “not be sick”. Try to make short, simple statements that you can connect to emotionally and read through easily.

Goal Setting Worksheet – Choices I Make:

| Things I do not like | Opposite | Choices I Make |
|----------------------|----------|----------------|
| 1. | | |
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| 3 | | |
| 4 | | |
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| 10 | | |

