

Goal Setting in Low Intensity CBT

Setting Your Goals: Worksheet B

Worksheet B: Setting Your Goals								
Write your goal here:							Comments	
Today's date:								
I can do this now (circle a number):								
0	1	2	3	4	5	6		
Not at all		Occasionally		Often		Anytime		
Goal Review	Review 1: I can do this now (circle a number):				Today's date:			
	0	1	2	3	4	5	6	
	Not at all		Occasionally		Often		Anytime	
	Review 2: I can do this now (circle a number):				Today's date:			
	0	1	2	3	4	5	6	
Not at all		Occasionally		Often		Anytime		
Review 3: I can do this now (circle a number):				Today's date:				
0	1	2	3	4	5	6		
Not at all		Occasionally		Often		Anytime		
Review 4: I can do this now (circle a number):				Today's date:				
0	1	2	3	4	5	6		
Not at all		Occasionally		Often		Anytime		