Firefly & Phoenix

in partnership with

Water & Stone

A Creative Arts Therapy PLLC

Goal Setting

(same as if you are with a therapy client!)

1. Goal: What is the bigger picture challenge you are tackling or the general topic you are focused on?
    a. Refer to the "Main Goal Categories" handout

2. Objective: What is your specific objective in this moment?
    a. keep it on the simple/specific side ("I will finish my website by tomorrow" vs. "I will finish the About Me section of my website by tomorrow at 9am")
    b. Measurable – You want to make sure you will be able to measure progress towards the specific goal. Is there a beginning and end? is it time based? Easiest way is to add a number so you know when you did it! Example: is there a time limit (10 minutes), number of sentences, date/time, etc. you can identify.
    c. Observable – You need to be able to observe progress towards and achievement of the specific goal using one or more of their senses.

3. Action Steps: Break it into small pieces!
    a. Divide your objective into 3 steps
        i. What are 3 things you need to do to complete your objective
        ii. If you can come up with 15+ steps, objective might be too big or far reaching.
            1. If this is the case, try making one of the steps your objective and then create smaller action steps for that new goal.

4. Choose Date/Time for Each Action Step and Put it on Your Calendar!

Goal - Challenge/Topic of Focus: _____

Objective: _____

Action Step 1: _____

Action Step 2: _____

Action Step 3: _____

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