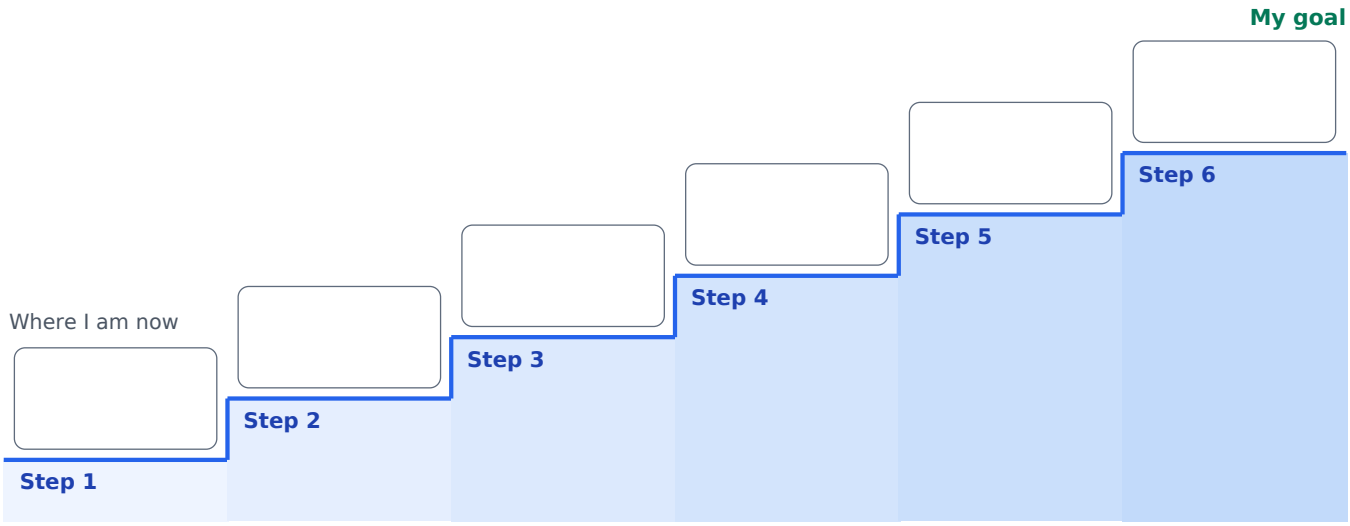
Steps to a goal

Break a goal into small steps, starting with one you could do in the next few days.

Name _____ Date _____

My goal

Write the goal at the top. Then fill in the steps, starting with something you could do in the next few days. Each step should be a small stretch from the one before.



My first step: exactly what, when and where

What might stop me, and what I will do about it

Who could help

How I will mark each step when I reach it

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This handout supports your therapy. It does not replace professional advice.