

Looking to the Future: Goal Setting Worksheet

Goals can be health goals, goals related to your children, work or education goals, goals related to fun or creative activities, goals related to solving a problem, goals related to your hopes and dreams.

| Goals | Target Date |
|--|-------------|
| Something I want to accomplish in the next week: | |
| By our next visit: | |
| In the next 6 months: | |
| In the next year: | |
| In the next 3 years: | |
| Supports and Steps to Reach my Goals | |
| How Healthy Start can support my goals: | |
| How family or friends could support my goals: | |
| Other resources to support my goals: | |
| Steps I can take to work toward my goals: | |
| How often I will revisit my goals and make adjustments if necessary: | |

