

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:	



Developed by JSI for the Healthy Start EPIC Center

