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## Goal-Planning Worksheet

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**Instructions:** For each domain of recovery, list any changes you want to make. For each change that you identify, write the steps you can take to help you achieve your goal. Try to be as concrete as you can in identifying your goals and your change strategies.

Change	Goal	Steps toward change
<b>Physical</b>	_____	_____
	_____	_____
	_____	_____
	_____	_____
<b>Emotional or psychological</b>	_____	_____
	_____	_____
	_____	_____
	_____	_____
<b>Family</b>	_____	_____
	_____	_____
	_____	_____
	_____	_____
<b>Social or interpersonal</b>	_____	_____
	_____	_____
	_____	_____
	_____	_____
<b>Spiritual</b>	_____	_____
	_____	_____
	_____	_____
	_____	_____
<b>Other (work, economic, etc.)</b>	_____	_____
	_____	_____
	_____	_____
	_____	_____