



Setting goals will help you to take an active part in your illness. Goals should be something you can accomplish, and must have meaning to you. Think about things you would like to do, change, or learn. Goals can be things you want to change personally, at home, or at work. You should have long-term and short-term goals.

**List your strengths (things you do well... they can help you reach your goals):**

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**List things you would like to improve:**

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**List your short-term goals:**

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**List your long-term goals:**

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**Steps to reach your short-term goals:**

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**Long-term goals:**

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**List possible barriers to your goals (things that stand in the way of your goals):**

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**List some possible solutions to the barriers:**

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**List supports needed to meet your short-term and long-term goals:**

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*Adapted from: Goal Setting, Mental Health Services Halifax County East by: Susan Charlton RN, BScN & Elizabeth Emberly RN, BScN (CDMHP, 2003)*

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