

## Goal Setting and Accomplishment Plan

The particular activity or habit I want to work on is (be specific and fill in one choice):

The Activity I want to do more often is: \_\_\_\_\_

The Activity I want to do less often is: \_\_\_\_\_

I want and will work to make this change because: \_\_\_\_\_

\_\_\_\_\_

I will measure and record how I did with each day of the change by:

How I will measure the amount of change I made: \_\_\_\_\_

Where I will record whether I made the change: \_\_\_\_\_

The long-term goal that I'd like to get to eventually with my change is (mention amount/frequency of what you see as the goal you would eventually like to get to):

\_\_\_\_\_

\_\_\_\_\_

The first step I'll take in making this change is (mention amount/frequency of your first goal and any way you modify or do a portion of the total change):

\_\_\_\_\_

\_\_\_\_\_

I will plan to begin with taking the first step toward my goal on (start date): \_\_\_\_\_

After I accomplish the first step, I will set this as my next step to accomplish:

\_\_\_\_\_

If I have a slip or don't succeed with a planned time of making the change I will:

\_\_\_\_\_

So that I might get some support, I will tell \_\_\_\_\_ that I am making this change and how I am doing with it.

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