

**CWSH 1: Client work sheet Goal setting**

I am going to ...

.....  
.....  
.....

The most important reasons I want to achieve this goal are ...

.....  
.....  
.....

Things that may stop me achieving this goal are ...

.....  
.....  
.....

Things that I can do to overcome these dangers are ...

.....  
.....  
.....

The ways other people can help me are ... (name the person and how they can help)

.....  
.....  
.....

I will start achieving this goal by ...

.....  
.....

I will know when I have achieved this goal because ...

.....  
.....