|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| My goal achievement plan (Goal No: ) | | | | | Date: | | |
| Goal for counselling | | | | | | | |
|  | | | | | | | |
| Current progress towards achieving this goal | | | | | | | |
| 1 | 2 | 3 | 4 | 5 | | 6 | 7 |
| Importance of this goal in my life right now | | | | | | | |
| 1 | 2 | 3 | 4 | 5 | | 6 | 7 |
| I’ll know I’ve achieved this goal when/because… | | | | | | | |
|  | | | | | | | |
| Timescale - I’m hoping to achieve this goal in/by: | | | | | | | |
| Personal strengths that will help me achieve this goal | | | | | | | |
|  | | | | | | | |
| Resources and support that will help me achieve this goal | | | | | | | |
|  | | | | | | | |
| Internal and/or external barriers to overcome in order to achieve this goal | | | | | | | |
|  | | | | | | | |
| Tasks that will help me reach this goal | | | | | | | |
|  | | | | | | | |

Cooper, M. (2015). Goals Form: Guidance on Use (working paper) [www.researchgate.net/profile/Mick\_Cooper](http://www.researchgate.net/profile/Mick_Cooper)

Jones-Smith, E. (2014). Strengths-Based Therapy: Connecting Theory, Practice and Skills. Thousand Oaks, CA, Sage.

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