



Goal Setting Worksheet

- What will it take to accomplish these goals?
- What are the next steps to take?
- Who is the best person to take each step?
- Who else needs to be involved?
Who are the experts? Who knows them?
- What can each person commit to?

	Intention/Objective	Resources Needed	Measurements	Target Date	Status
Short-Term	<i>Example: Assessment of driving safety</i>	<i>Driving rehab specialist</i>	<i>Scheduled an appointment</i>	<i>10/20</i>	<i>done</i>
Medium-Term	<i>Example: Complete driving rehabilitation and remediation course</i>	<i>Driving rehabilitation program</i>	<i>Complete course</i>	<i>12/30</i>	<i>enrolled</i>
Long-Term	<i>Example: Regain driver's license</i>	<i>Appointment with Department of Motor Vehicles</i>	<i>Scheduled appointment after completing course</i>	<i>1/15</i>	<i>pending</i>

Recommendations

Review your completed checklist and these recommendations with a health care professional.