



A Better Way Hypnotherapy & Laser Center

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Short and Long-term Goal Setting Worksheet

(Initial Planning Questions & Contract)

Name: _____ Date: _____

Establish some short-term and long-term goals as a means of determining your success with the design and implementation of your new healthy lifestyle. First, to establish measurable goals, answer the following questions related to your main goal:

1. What is your main goal? _____

2. What are your reasons for wanting to achieve this goal? _____

3. List the steps or activities you must complete to achieve this goal. Include time frames for each step.

a. _____	d. _____
b. _____	e. _____
c. _____	f. _____
4. How will you measure your progress? _____

5. How will you know you have achieved your goal? _____

Program Contract & Goals:

I, _____, am contracting with myself to _____ (main goal) as a means of establishing a program of lifelong health and wellness. My program will start on _____. During this period, I will work toward my main goal by accomplishing the following short-term and long-term goals:

1. Short-term goals (Usually can be accomplished in under 1-2 months):

Example: I want to increase/decrease my _____ from _____ to _____ by _____ (date).

- a) _____

- b) _____

2. Long-term goals (Usually can be accomplished in greater than 2 months):

- a) _____

(Signature)

(Today's Date)