

FIGURE 4.5. Client Goals and Objectives

NAME _____ WEEK _____ DATE _____ NEXT SESSION _____

GOAL 1:			
GOAL 2:			
GOAL 3:			
GOAL 4:			
	Objective A (Goal)	Objective B (Goal)	Objective C (Goal)
What is your level of motivation to do this objective? 0 1 2 3 4 not at all somewhat very completely motivated motivated motivated motivated	What is your level of motivation to do this objective? 0 1 2 3 4 not at all somewhat very completely motivated motivated motivated motivated	What is your level of motivation to do this objective? 0 1 2 3 4 not at all somewhat very completely motivated motivated motivated motivated	What is your level of motivation to do this objective? 0 1 2 3 4 not at all somewhat very completely motivated motivated motivated motivated
How well does this objective match with goal? 0 1 2 3 4 not at all somewhat very much completely a match a match a match a match	How well does this objective match with goal? 0 1 2 3 4 not at all somewhat very much completely a match a match a match a match	How well does this objective match with goal? 0 1 2 3 4 not at all somewhat very much completely a match a match a match a match	How well does this objective match with goal? 0 1 2 3 4 not at all somewhat very much completely a match a match a match a match
In general, I enjoy this activity. 0 1 2 3 4 strongly disagree neutral agree strongly disagree	In general, I enjoy this activity. 0 1 2 3 4 strongly disagree neutral agree strongly disagree	In general, I enjoy this activity. 0 1 2 3 4 strongly disagree neutral agree strongly disagree	In general, I enjoy this activity. 0 1 2 3 4 strongly disagree neutral agree strongly disagree

(continues)

