



Basic Goal Identification

Listed below are a few key life areas for goal setting. Try to come up with at least one solid goal in each area below:

- 1) **Stopping Abuse or Dependence on Substances** – Where do you one day see yourself with regard to your ability to stay drug and alcohol free or to be able to develop and manage a lifestyle free from the abuse of substances or other bad habits?
- 2) **Physical/Medical** – What goals do you have with regard to your health? ex – Join a gym, lose __ pounds, Get that medical procedure you've been putting off, get teeth fixed, be able to run a mile, bench press 300 pounds, quit smoking, etc.
- 3) **Employment/Vocational** – What are your career goals?, ex – Get a job doing ____, Re-enroll in school, quit my current job and get a job I like, etc.
- 4) **Financial** ex – pay off bills, buy a home, invest, pay off fines, etc.
- 5) **Legal** ex – Go the year arrest free, get driver's license back, finish probation, get legal agencies out of my life, etc.
- 6) **Emotional** ex – Alleviate depressive symptoms, learn to manage anger and stress, go to therapy, learn to cope with/manage ____ (feeling/situation)
- 7) **Relationship** – SOCIAL and FAMILY (non-sexual) – ex. Get new sober friends, cut of ties with ____, Improve relationship with kids, parents, etc.
- 8) **Relationships** – ROMANTIC ex - reunite with spouse, get into a healthy relationship, break it off with ____,
- 9) **Spiritual** – ex – Learn, study, understand more about deeper things besides day to day events and issues. Expand your focus beyond just what concerns you immediately
- 10) **Wild Card** – What is a random goal that you have not already listed that you want to achieve – ex – Finish painting the house, move out of current state, finish that book I was writing, travel to foreign country



PROCESS:

1. **For Fun** – Everyone write their name on their goal sheet and pass it up to the counselor/group leader. The group leader should then read a few goal sheets out loud to the rest of the group and see if others in the group can guess who wrote it based on what it says.

2. **Pass back the goal sheets to each person and discuss:**
 - a. Looking at the first goal, about Substance Use, what is one thing that everyone in the group is willing to try to start doing today to increase their progress toward that goal?

 - b. Discuss at least one more area that stood out to each person and identify something positive that can be done in the near future to start making progress in that area as well.

3. **Counselor/group leader then should hand out an envelope to each person and do the following:**
 - a. Everyone write a positive motivational statement on the envelope for themselves. Something like “Go for it” or “You will be a success”

 - b. If time allows, draw pictures on, color or decorate envelope

 - c. Finally, write on envelope – Do not open until ____ (Pick a date, maybe six months in the future)

 - d. Everyone put their goal list in the envelope, seal it and then take it home and put it in their sock drawer so one day they will find it and they can open it when the time has passed and evaluate your own progress at that time based on the goals set today.