Choose one goal

Start with one change you want to work on between sessions.

Name or initials and today's date

What would I like to change?

Why does this matter to me right now?

What would progress look like, and by when?

What strengths or past successes can I draw on?

Keep this worksheet private and share only what you choose in your session.

For coaching goals and reflection. For mental health treatment, speak with a licensed clinician.

Plan your next steps

Choose a first step you can realistically take this week.

First step, and when and where I'll do it

Two follow-up steps and their target dates

If something gets in the way, what smaller step could I take?

Who or what could support me, and how will I reach out?

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Review and adjust

Use this page before your next session or at the end of the week.

Check-in date

What did I try? What progress did I notice?

What helped? What got in the way?

What will I keep or adjust next week?

What do I want to discuss with Michael at my next session?

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