



WORKSHEET

# **GOAL SETTING: PSYCHOLOGICALLY FORMULATING AND ACHIEVING A DESIRABLE FUTURE**

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# PSYCHOLOGICALLY FORMULATING A DESIRABLE FUTURE

Step 1: Specify a domain to cognitively focus on (i.e. academia, relationships, finances, etc.)

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Step 2: Briefly write out what a desirable future state would look like and why it is important to you (do not worry about grammar and take your time, no rush).

Step 3: Think through and write out the behaviors that will be necessary to achieve the goal.

1. \_\_\_\_\_

4. \_\_\_\_\_

2. \_\_\_\_\_

5. \_\_\_\_\_

3. \_\_\_\_\_

6. \_\_\_\_\_

Step 4: Think through any potential problems that may keep you from completing the behaviors you listed.

1. \_\_\_\_\_

4. \_\_\_\_\_

2. \_\_\_\_\_

5. \_\_\_\_\_

3. \_\_\_\_\_

6. \_\_\_\_\_

Step 5: Who may be able to help you achieve the necessary behaviors relevant to your goal and when will you reach out to them for help?

Who: \_\_\_\_\_

When (date): \_\_\_\_\_