

Goals for Therapy CBT Worksheet

This worksheet can be used to help you and your clients lay out their goals for therapy. Remind them that goals should be SMART: specific, meaningful, adaptive, realistic, and timebound.

Goal: What you'd like to achieve

Small steps to achieve: What you can do to make progress toward your goal

New skills & learning: What skills or knowledge do you need to support your goal?

Timing: When do you expect to reach this goal?