

# Goal-Setting Worksheet for Patients With Schizophrenia

## **Introduction**

An important aspect of recovery in those with schizophrenia is learning to set and work toward personal goals. This 5-step tool can be used to facilitate that process.

Use this worksheet to help patients identify what they want to achieve, how they can achieve it, and where they will need to concentrate their efforts. Patients can complete the form in the waiting room or as an “assignment” between appointments. Not every patient will have the cognitive ability, concentration, or self-awareness to complete all the exercises. However, introducing the tool can provide a starting point for engaging the patient in a dialogue with you about improving his or her quality of life.



# Setting and Reaching Goals: A 5-Step Worksheet

- **Personal goals** are things people accomplish to give them a sense of satisfaction and success.
- **Goal setting** helps people focus on improving their daily lives.
- **Achieving several small goals** can add up to achieving big goals.
- **Complete the exercises below**, then talk about your goals with your doctor. If you have any problems completing these steps, your doctor can help.

## 1. Think about what is important to you. Ask yourself:

What would I like to change about my life? What would I like to change about my health?  
What would I like to achieve with my schizophrenia therapy?

Here are some examples of goals that people with schizophrenia commonly want to achieve:

Find a job	Learn how to talk with people	Live in a group home
Stop hearing voices	Pay my bills on time	Go back to school
Get in shape physically	Avoid having a relapse	Find medications that work
Take better care of my body	Quit smoking or drinking	Keep my home clean
Have a relationship with my family	Have a romantic relationship	Help others like me
Sleep better	Start a new hobby	Participate in a sport
Think more clearly	Minimize hallucinations	... and many more

## 2. Write down one or two of your personal goals on the lines below. Be as specific as you can.

**HINT:** It's okay to have big goals, but think about the smaller things you must do first in order to achieve your really big goals. For example, if finding a paying job is your ultimate goal and you have never worked, your first goal might be volunteering or getting some job-skills training.

**Goal #1:** \_\_\_\_\_

This goal would improve my: (check all that apply)

Confidence    Closeness with people    Enjoyment of life

I want to achieve this goal by: \_\_\_\_\_ / \_\_\_\_\_ (month/year)

**Goal #2:** \_\_\_\_\_

This goal would improve my: (check all that apply)

Confidence    Closeness with people    Enjoyment of life

I want to achieve this goal by: \_\_\_\_\_ / \_\_\_\_\_ (month/year)

**3. List several small steps you will need to take in order to achieve your main goal.** For example, if you want to become more physically active, you will need to first decide what activities interest you. That might be step 1. Step 2 might be identifying any special clothing or equipment that you might need. Step 3 might be deciding how often, on what days, and where you will engage in the activity. Finally, step 4 might be starting the activity itself.

**First Steps to Achieving Goal #1:**

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

Step 3: \_\_\_\_\_

Step 4: \_\_\_\_\_

**First Steps to Achieving Goal #2:**

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

Step 3: \_\_\_\_\_

Step 4: \_\_\_\_\_

**4. Prepare for obstacles.** Everybody runs into obstacles when working toward a goal. The trick is to solve the problem and not give up. To give you some practice in problem solving, think of two obstacles that might come up as you work toward a goal. Then write down some ways to solve them. If you can't think of any solutions, ask your doctor for help.

**Potential Obstacle #1:** \_\_\_\_\_

Potential Solutions:

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

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

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

**Potential Obstacle #2:** \_\_\_\_\_

Potential Solutions:

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

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

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

**5. Celebrate your efforts and accomplishments** when you successfully achieve a step toward your goal or when you reach your main goal. Rewarding yourself is good motivation to keep working toward your goal. Write down three ways you could celebrate your achievements:

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

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

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