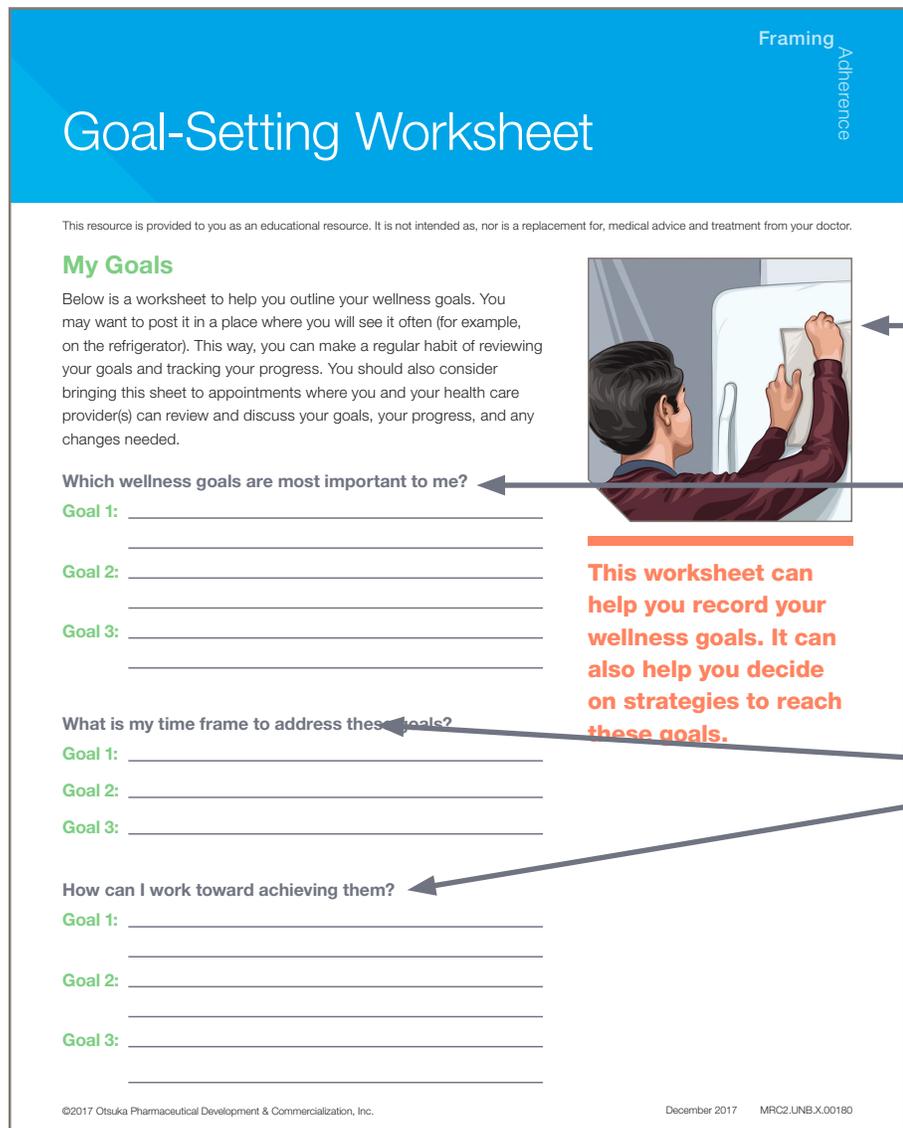


Helping Patients Set Goals to Support Wellness

Goal-Setting Worksheet

We have developed a simple goal-setting worksheet for your patients with a mental health condition. This worksheet may help patients identify what is important to them and what they'd like to accomplish. If you decide that the worksheet may help your patients, below are some tips for reviewing the form with patients.



Goal-Setting Worksheet

This resource is provided to you as an educational resource. It is not intended as, nor is a replacement for, medical advice and treatment from your doctor.

My Goals

Below is a worksheet to help you outline your wellness goals. You may want to post it in a place where you will see it often (for example, on the refrigerator). This way, you can make a regular habit of reviewing your goals and tracking your progress. You should also consider bringing this sheet to appointments where you and your health care provider(s) can review and discuss your goals, your progress, and any changes needed.

Which wellness goals are most important to me?

Goal 1: _____

Goal 2: _____

Goal 3: _____

What is my time frame to address these goals?

Goal 1: _____

Goal 2: _____

Goal 3: _____

How can I work toward achieving them?

Goal 1: _____

Goal 2: _____

Goal 3: _____

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Framing Adherence

Reinforce that patients should post the worksheet in a place where they will see it often. This way they can make a regular habit of reviewing goals and tracking progress.

Ask them to bring it to appointments so that, together, you can review and discuss their goals and progress and make any necessary changes.

Explain that goal setting is an important part of maintaining wellness.

Identifying what the patient would like to improve or change in his or her life can help set goals.

Inform your patient that step-by-step planning can help achieve goals in smaller more manageable ways.

Frameworks resources are intended for informational purposes only and are intended for health care professionals who may choose to share them with their patients. They are not intended as, nor are they a substitute for, medical care, advice, or professional diagnosis. Health care professionals should use their independent medical judgement when considering *Frameworks* educational resources. Those seeking medical advice should consult with a health care professional. *Frameworks* resources are not intended as reimbursement or legal advice. You should seek independent, qualified professional advice to ensure that your organization is in compliance with the complex legal and regulatory requirements governing health care services, and that treatment decisions are made consistent with the applicable standards of care.

Goal-Setting Worksheet

My Goals

What obstacles might I face?

Goal 1: _____

Goal 2: _____

Goal 3: _____



Who can help me?

Goal 1: _____

Goal 2: _____

Goal 3: _____

How will I track progress?

Goal 1: _____

Goal 2: _____

Goal 3: _____

Questions? Concerns?
Never hesitate to ask.
You have a right to know everything about your health and your care.

Let patients know that sometimes difficulties may arise when trying to achieve certain goals. Anticipating these may help to strategize and overcome them.

Communicate that often family or friend support can help patients reach goals. Have your patient think about whom can best support each goal.

Emphasize that tracking progress can help keep patients motivated and inspire hope.

Engagement strategies can help support patient care.

Reference: US Department of Health and Human Services, Substance Abuse and Mental Health Services Administration. Illness Management and Recovery: Practitioner Guides and Handouts. Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, US Department of Health and Human Services; 2009.