

Pivot Behavioral Health Goals for Living

Instructions: List a few goals that are important to you. These **important goals** should be specific enough to allow you to come up with an action. For example, “Get out in nature more.” **Actions** are any things that would show that you are working on the goal. Make sure that the actions are *specific*, *achievable*, and can be done at a *particular place and time*. For example “Walk in the neighborhood park at 5pm after work.” Then, come up with two **possible costs** and two **possible benefits** of doing the actions.

Date: _____

[illegible]