

## Weekly Motivator: Goal-Setting Worksheet

Self-care is an important part of your recovery. This tool is designed to help you develop healthy habits and stay engaged in your self-care plan. Choose one or more areas below to focus on for the week. Set realistic goals and think about anything that might get in the way of reaching them and develop a plan to overcome any barriers.

### Choose one or more goals for the week:

#### 1. Increase your physical activity

Goal: I will commit to a regular exercise schedule.

- My exercise:
- How many days per week:
- How many minutes per day:

#### 2. Make time for fun

Goal: Regardless of how I feel, I will commit to participating in fun activities that bring me joy.

- Number of activities per week:
- Types of fun activities I want to try:

#### 3. Improve your diet

Goal: I will take steps to improve my eating habits.

- Healthy changes I will make:
- New food or recipe I want to try:

## 4. Spend time with others

Goal: I will spend time with family and friends every week.

- How many days per week will I spend time with others:
- Names of friends or family I'd like to spend more time with:

## 5. Manage your stress with relaxing activities

Goal: I will make time to rest and relax every week.

- How many days per week:
- How many minutes per day:
- Relaxing activity I want to try:

## 6. Choose your own goal

- Describe your goal:
- Outline the steps you will take to achieve it:

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**How likely are you to follow through with the goals you have created? (Circle one):**

Not likely    1    2    3    4    5    6    7    8    9    10    Very likely

**What might get in the way of meeting your goals?**

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**What are some ways you can overcome these barriers?**

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**For more mental health educational resources, visit [depressioncenter.org/toolkit](https://depressioncenter.org/toolkit).** This document provides general educational information developed by the Eisenberg Family Depression Center. It is not a substitute for professional medical advice. Please consult your health care provider if you have questions about your health or treatment options.