

Preparation for Change

Session 6 – Goals

Today's session is about setting your goals

- Welcome
- Introductions
- Group agreements
- My Goals
- Steps to achieving goals
- Feedback and talk about the next phase of the programme

Introduce session and check in

Hello and welcome! This session is about looking forward to changes in your life and setting goals.

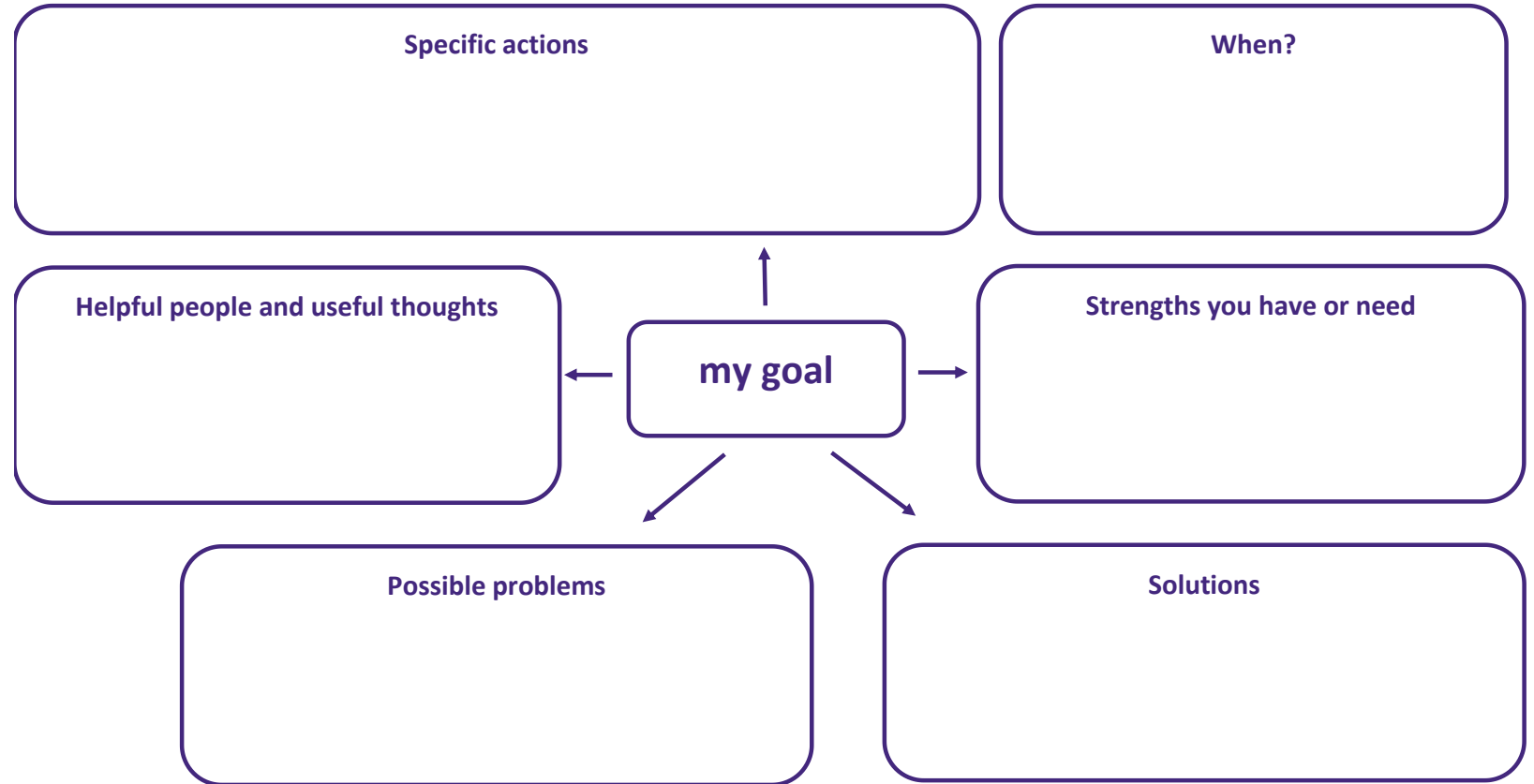


Goal summary



	Describe the goal	How will life be better when you achieve this?
1		
2		
3		

Recovery plan goals



My goal

Easy steps to achieving my goals

My Goal

On a scale of 1-10 where am I now in reaching this goal?

Where 0 = nowhere and 10 = I've reached my goal

0	1	2	3	4	5	6	7	8	9	10
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What one thing will help me move one step closer to this goal?

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Feedback

- How has today been?
- Where might it be useful to keep the work you've done today?
- Thank you for taking part in our 'Preparation for change' programme
- Next phase – 'Active Change'
- Don't forget 'Useful Resources' and mutual aid