

## Mental Status Exam: Goal Setting

1. What are your primary goals in life? Name 3. These can include personal goals, goals you have set for your business or organization, or goals you want to help others achieve (for example, goals you have set for your children, such as their attending college).

1.	
2.	
3.	

2. For each of the goals stated, list the steps needed to reach it, and how long each step might take.

Goal #1:			
Step 1		Estimated time needed to complete step 1:	
Step 2		Estimated time needed to complete step 2:	
Step 3		Estimated time needed to complete step 3:	
Step 4		Estimated time needed to complete step 4:	

List any additional steps needed to complete goal #1, and time needed to complete each step:

Step		Estimated time needed to complete:	
Step		Estimated time needed to complete:	

Goal #2:			
Step 1		Estimated time needed to complete step 1:	
Step 2		Estimated time needed to complete step 2:	
Step 3		Estimated time needed to complete step 3:	
Step 4		Estimated time needed to complete step 4:	

List any additional steps needed to complete goal #2, and time needed to complete each step:

Step		Estimated time needed to complete:	
Step		Estimated time needed to complete:	

Goal #3:			
Step 1		Estimated time needed to complete step 1:	
Step 2		Estimated time needed to complete step 2:	
Step 3		Estimated time needed to complete step 3:	
Step 4		Estimated time needed to complete step 4:	

List any additional steps needed to complete goal #3, and time needed to complete each step:

Step		Estimated time needed to complete:	
Step		Estimated time needed to complete:	