

Planning to Meet Goals in Cognitive Remediation Therapy (CRT)

Use this worksheet with clients requiring support and practice in planning, goal-setting, and goal achievement.

Ask the client to answer the following prompts:

What goal or project are you working towards?

What date is it to be completed by?

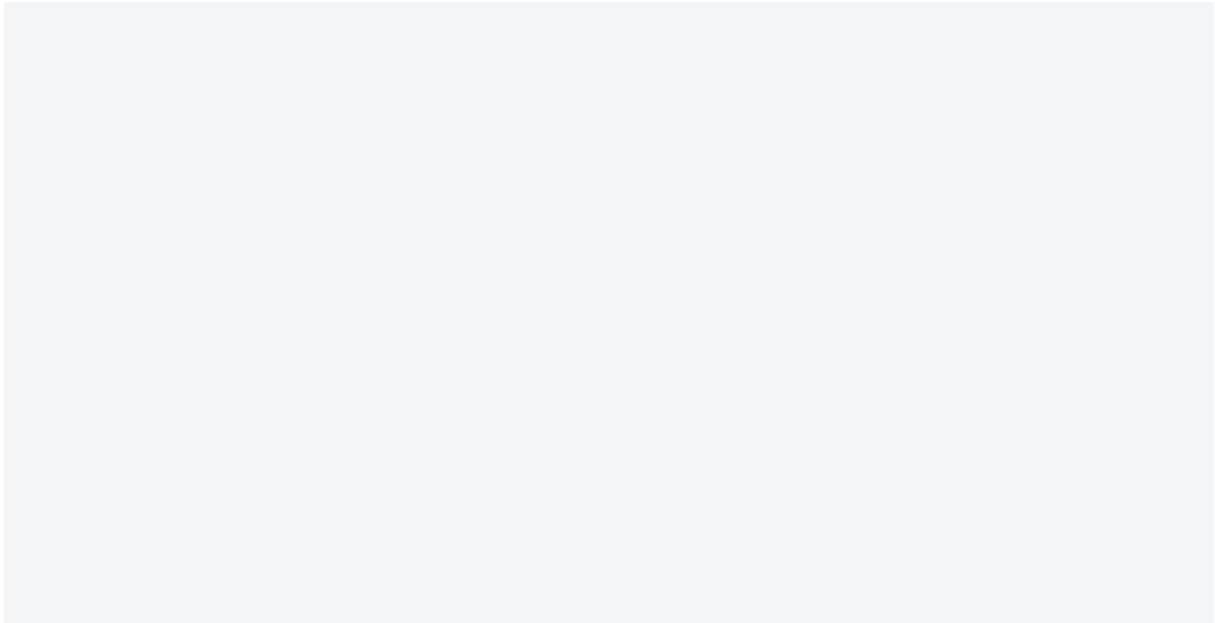
Are there any obstacles to be overcome to complete the goal?

Are there any additional resources required?

Now consider the steps needed to achieve the goal you set, and list them in the table below along with planned dates:

Planned completion date	Actionable step

How will you know you have reached your goal?



Dr. Jeremy Sutton