



REBOOT YOUR BRAIN

COUNSELING & COACHING

Goal-Setting Packet

A practical way to turn a meaningful goal into small, repeatable action.

Start with the reason, not the pressure.

Goals are easier to sustain when they connect to something you value and when the next step is small enough to actually do. Use this packet to choose one goal, understand what gets in the way, and build a realistic seven-day plan.

The goal I want to work on

Why this matters to me

What will be different if I make progress?



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Build the path

Think in terms of behavior you can repeat, not a perfect outcome you have to force.

The smallest useful next step I can take

When and where I will do it

What might get in the way?

If that happens, I will...

Support, tools, or accountability that would help



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Seven-day Reboot

Choose a tiny action you can practice this week. Consistency matters more than intensity.

Day	What I will do	Done?	What I noticed
Mon		■	
Tue		■	
Wed		■	
Thu		■	
Fri		■	
Sat		■	
Sun		■	

At the end of the week: What helped? What needs to change?

Remember: Progress is information. Adjusting the plan is not failure; it is part of learning what works.