

SHIFT COLLAB

Realistic Goal Setting

(That *Actually Works*)

shiftcollab.com | [@theshiftcollab](https://www.instagram.com/theshiftcollab)

Realistic Goal Setting

Bring your completed worksheet to your next therapy session



Before setting your 2026 goals, pause here. Goals don't exist in a vacuum. They live inside your current season of life, not who you were years ago or a future version of you with more time, energy, or support. This worksheet starts somewhere more honest. What capacity will you actually have? What limits are facts, not personal failures? What would progress look like if it worked with your reality, not against it?

You can complete this on your own, and you're encouraged to bring it into therapy to talk it through more deeply. Bring curiosity, not pressure.

Family

What's going well	What feels hard or needs attention	Goals to explore

Friendships & Community

What's going well	What feels hard or needs attention	Goals to explore

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Work / School / Purpose

What's going well	What feels hard or needs attention	Goals to explore

Mental & Emotional Health

What's going well	What feels heavy, confusing or draining	Goals to explore

Physical Health & Energy

What's going well	What feels hard or needs attention	Goals to explore

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Fun, Rest & Joy

What's going well	What feels missing or squeezed out	Goals to explore

List any other area that feels important to you: _____

What's going well	What feels hard or needs attention	Goals to explore

Reflections to bring to your therapist

Reflection prompt	Notes
What feels most important for my therapist to understand about where I'm at right now?	
What do I want support, clarity, or guidance with this year (or right now)?	