



Client Wellness Goals Worksheet

Name: _____

Date: _____

1. Personal Vision for Wellness

What does “wellness” mean to you?

How do you envision your ideal state of health and well-being?

2. Identifying Sabotages

What factors (habits, situations, mindsets, etc.) might sabotage your wellness efforts?

How can you plan to overcome these potential challenges?

3. Unmet Desires

List three things you wish you could do right now but cannot:

Why do you feel these things are currently out of reach?

What steps could you take to make them more achievable in the future?

4. Goal Importance

How important is achieving your wellness goals to you?

(Circle one)

1 - Not Important | 2 - Somewhat Important | 3 - Very Important | 4 - Critical

Why are these goals important at this time in your life?

5. Staying Motivated

What strategies will you use to stay motivated?

Are there specific rewards or milestones you can use to celebrate progress?

How can we support you to maintain your momentum?

6. Additional Reflection

What would success look like to you six months from now?