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### Weekly Goal Review

Today's Date: \_\_\_\_\_

Target Date: \_\_\_\_\_

What is your long-term goal?

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These are 3 short term goals that I will work on this week to help achieve my long-term goal this week:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Barriers that get in the way of me achieving my short-term goals are:

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I will overcome those barriers by:

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**Make sure your goal is SMART:**

**Specific:** *What exactly will you accomplish?*

**Measurable:** *How will you know when you have reached this goal?*

**Achievable:** *Is achieving this goal realistic with effort and commitment? Have you got the resources to achieve this goal? If not, how will you get them?*

**Relevant:** *Why is this goal significant to your life?*

**Timely:** *What is a reasonable time frame in which to achieve this goal?*