

Goal Setting and Achievement

Finding Purpose · Module 10 of 15

Key Ideas

- Goal Setting & Purpose
- 1. Multifaceted Impact
- 2. Holistic Approach
- 3. Short-Term Goals
- 4. Long-Term Vision
- 5. SMART Framework
- 6. Breakdown & Action
- 7. Tracking & Accountability
- 8. Celebration
- 9. Overcoming Obstacles
- 10. Alignment & Support
- 11. Adaptability
- Conclusion

Worksheet — Goal Setting Worksheet

- Assess
- Short
- Long
- SMART
- Risk
- Help
- Track
- Joy
- Daily
- Reflect

Mind Map — Goal Setting Mind Map

KEY IDEAS

Goal Setting & Purpose

A Roadmap for Recovery

Establishing, pursuing, and accomplishing goals is a powerful catalyst for long-term sobriety. It provides structure, motivation, and a concrete path toward a meaningful life.

1. Multifaceted Impact

Why Set Goals?

Goals provide necessary structure, enhance motivation, build self-efficacy through accomplishment, offer markers of progress, and create forward momentum in your recovery journey.

2. Holistic Approach

Comprehensive Growth

Address all life domains: physical health, emotional wellness, relationships, career, finances, and spirituality. Balanced growth ensures no area is left behind.

3. Short-Term Goals

Building Momentum

Focus on daily and weekly tasks. Achieving milestones in the first 30, 60, and 90 days builds confidence and establishes the healthy habits needed for long-term success.

4. Long-Term Vision

The Big Picture

Develop a 1-year, 5-year, and 10-year vision. Setting aspirational goals aligned with your values creates a guiding star for your life decisions and major transitions.

5. SMART Framework

Structured Success

Make goals Specific, Measurable, Achievable, Relevant, and Time-bound. This proven framework transforms vague desires into actionable, attainable objectives.

6. Breakdown & Action

Manageable Steps

Break large goals into small, bite-sized tasks. Detailed action plans with timelines make even the most ambitious goals feel approachable and less overwhelming.

7. Tracking & Accountability

Staying on Course

Use journals or apps to monitor progress. Regular check-ins with sponsors or mentors provide the accountability needed to stick to your plans during challenging times.

8. Celebration

Reinforcing Success

Acknowledge every victory. Celebrating milestones, no matter how small, reinforces positive behavior and builds the self-compassion often missing in addiction.

9. Overcoming Obstacles

Resilience

Anticipate challenges and create contingency plans. Reframing setbacks as learning opportunities develops the problem-solving skills crucial for resilience.

10. Alignment & Support

Recovery First

Ensure goals support your sobriety, not threaten it. Leverage your support system and align your ambitions with recovery principles to maintain balance.

11. Adaptability

Flexible Growth

Be willing to pivot. Regular reviews allow you to adjust goals as you grow. Flexibility prevents discouragement and keeps your path relevant to your evolving self.

Conclusion

Purposeful Action

By setting and achieving goals, you become the architect of your future. You move from surviving to thriving, constructing a life rich with purpose and achievement.

WORKSHEET

Goal Setting Worksheet

Designing Your Future

ASSESS

Life Areas Assessment

Rate satisfaction (1-10) in each area:

Physical Health: _____

Mental/Emotional: _____

Relationships: _____

Career/Education: _____

Finances: _____

Spirituality: _____

Leisure: _____

SHORT

Short-Term Goals (30 Days)

Area

Goal

3 Steps:

Step a

Step b

Step c

Area

Goal

3 Steps:

Step a

Step b

Step c

LONG

Long-Term Goals (6-12 Months)

Long-term Goal 1

Breakdown (3 smaller objectives):

Objective a

Objective b

Objective c

Long-term Goal 2

Breakdown (3 smaller objectives):

Objective a

Objective b

Objective c

SMART

SMART Check

Choose one goal and verify it's SMART:

Specific: What exactly?

Measurable: How will you know?

Achievable: Is it realistic?

Relevant: Does it align with recovery?

Time-bound: When?

RISK

Obstacles & Solutions

Obstacle 1

Solution

Obstacle 2

Solution

HELP

Support & Resources

3 People/Resources:

Resource 1

Resource 2

Resource 3

TRACK**Tracking Progress**

How will you track progress?

Review frequency:

JOY**Celebration Plan**

3 Ways to celebrate short-term wins:

Celebration 1

Celebration 2

Celebration 3

Long-term goal celebration:

DAILY**Daily Actions**

3 Small Daily Actions:

Action 1

Action 2

Action 3

REFLECT

Reflection

How does goal setting support recovery?

Sense of purpose beyond sobriety?

Visualization of achieved goals...

MIND MAP

Goal Setting Mind Map

Mapping Your Achievements

My Goals

Achievement & Growth

Short-Term

Immediate wins?

Long-Term

Future vision?

SMART

Specific & Measured?

Obstacles

Challenges?

Support

Who helps?

Tracking

Measuring progress?

Celebration

Rewards?

Purpose

The bigger 'Why'?