

## Moving beyond supportive measures Future orientation for setting and pursuing goals



## T13 Grid N.1 Analyses of goals

DOMAINS											
	Work	Health	Personal development	Family and friends	Free time						
GOAL 1											
GOAL 2											
GOAL 3											
CONTENTS OF WORK GOALS											
	Maintenance	Change activities	Change context	Education	Training						
GOAL 1											
GOAL 2											
GOAL 3											
PRIORITIES											
GOAL 1											
GOAL 2											
GOAL 3											



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PERSONAL COMMITTMENT												
GOAL 1												
GOAL 2												
GOAL 3												
TIMING												
GOAL 1												
GOAL 2												
GOAL 3												
SUPPORTS												
		Personal		Social	Environmen	Environmental		Institutional				
GOAL 1												
GOALI												
GOAL 2												
GOAL 3												
CHALLENGES AND BARRIERS												
		Personal		Social	Environmental		Institutional					