



# Goal setting plan

Self-management website for people who have had a stroke [www.selfhelp4stroke.org](http://www.selfhelp4stroke.org)

## 1. What is my goal?

## 2. Where am I just now?

Date \_\_\_\_\_

0   1   2   3   4   5   6   7   8   9   10

## 3. My action list

By when



## 4. Where am I just now?

Date \_\_\_\_\_

0   1   2   3   4   5   6   7   8   9   10

## 5. What's next on my list?