



Setting Realistic Goals Discussion Questions

Jan. 2022

1. What are reasons you may resist goal setting?
2. How do you decide what goal or goals to set?
3. What are ways you can prioritize your goal?
4. What motivates you to change? How could you use your motivations to initiate change?
5. If you stop working on a goal, how can you find ways to pick it back up?
6. How can you break down your goals into smaller steps or daily/weekly tasks?