

MENTAL HEALTH GOAL WORKSHEET

by [@mymentalhealthandi.com](https://mymentalhealthandi.com)

NAME: _____

DATE: _____

If you're looking to improve your mental health, setting goals can be a great way to start. This mental health goal worksheet is designed to help you identify your current struggles, aspirations, and specific actions you can take to achieve your mental health goals. Here are some tips to help you fill out the worksheet:

1. **Take your time:** Take the time to think about your current mental health status and what you would like to achieve in the long term.
2. **Be specific:** When setting short-term goals, make sure they are specific and measurable. For example, instead of saying "I want to feel better," you could say "I want to practice mindfulness for 10 minutes a day."
3. **Prioritize self-care:** Self-care activities are essential for maintaining good mental health. Make sure you identify self-care activities that work well for you and incorporate them into your daily routine.
4. **Identify your support system:** Having a support system is important for mental health. Identify the people in your life whom you can turn to for support.
5. **Track your progress:** It's important to track your progress towards your mental health goals. Consider how you will evaluate your progress and how often you will do so.

Remember that improving your mental health is a journey, and it's important to be patient and compassionate with yourself along the way. Use this worksheet as a tool to help you set and achieve your mental health goals. Good luck!



1 CURRENT MENTAL HEALTH STATUS:

How do you feel on a daily basis?

What are your current struggles or challenges?

1.

2.

3.



2 LONG-TERM MENTAL HEALTH GOALS:

What are your aspirations for your mental health in the long-term (e.g., in the next year or five years)?



What changes would you like to see in your mental health?

1.

2.

3.

4.

5.

3 SHORT-TERM MENTAL HEALTH GOALS:

What are some specific goals you would like to achieve in the next few weeks or months?



What steps can you take to achieve these goals?

4

SELF-CARE ACTIVITIES:

What are some self-care activities that you enjoy or find helpful?

1. _____

2. _____

3. _____

4. _____

5. _____



How often would you like to do this activities?

Daily ☐

Weekly ☐

Monthly ☐

As needed ☐

5

SUPPORT SYSTEM:

Who are the people in your life that you can turn to for support?



6

PROGRESS MONITORING:

How will you track your progress towards your mental health goals??

1. _____

2. _____

3. _____

How often will you evaluate your progress?

Daily ☐

Weekly ☐

Monthly ☐

As needed ☐



GOOD LUCK