FORM 6.2

Focusing on Longer-Term Goals

In order to make improvement in our lives, we need to think about our longer-term goals. For example, if you wanted to get into better physical shape, you might have to exercise even when you don't want to do so. In the left-hand column, list some of your longer-term goals. In the middle column, list some of the behaviors you would need to engage in to accomplish this goal. In the right-hand column, list the way you would feel in the future (months from now) if you consistently did the behavior in the middle column.

Longer-term goal	**What I have to do now**	**How I would feel in the future if I did what I need to do now**

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