



MENTAL-EMOTIONAL AND SPIRITUAL WELLNESS

Goal Setting: Please take some time to think about what your goals are in life at this time (both short and long term) whether you are coming into the clinic with them in mind or not. You can use the following headings and example as a guide:

- ⊙ **Mental-Emotional Goals:** I want to feel less anxious, and more at ease, and be able to be more genuine in my relationships with others.
- ⊙ **Spiritual Goals:** I want to bring spirituality into more areas of my life, and make my daily life more meaningful.
- ⊙ **Physical Goals:** I want to have more energy and get rid of my chronic fatigue; I also want to loose some weight and get rid of my asthma and bad digestion.
- ⊙ **Cultural Goals:** I don't feel as though I'm part of a community; I would like to find a group of friends who are like-minded.
- ⊙ **Social Goals:** I want to find a job that I finally enjoy and feel fulfilled in doing, and be able to afford to move to a nicer, safer area.

Mental-Emotional Goals:

Spiritual Goals:

Physical Goals:

Cultural Goals:

Social Goals:
