

## Initial Plan

[ ] Original Plan [ ] Update of Plan

Name \_\_\_\_\_

To make effective progress, we need specific, concrete goals. Please think about your goals for our work together.

1. What is the **FIRST SPECIFIC GOAL** –perhaps a very small one—that if achieved would help you feel like you are going in the right direction?
  
2. What is the **second specific goal** you hope to attain?
  
3. If the first two are successful, what might you hope for next?

To achieve these goals, what are you willing to do? (Check all that apply:

- Attend counseling regularly (how often?) \_\_\_\_\_
- Do homework between sessions
- Collaborate with my counselor in designing my treatment
- Try out some new behaviors my counselor might suggest.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Patti Okun

\_\_\_\_\_  
Date

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