

### Worksheet 4.23 Post-Treatment Goal Planning for Terminating Hope Therapy

#### *My Goals now that Hope Therapy is Complete*

Now that your therapy is almost complete, it is important that you can continue to plan and implement successful goal pursuits on your own. Remember, you will likely have setbacks from time to time, so planning for them is important as well. In the spaces provided below, please list the goals you plan to continue to work on even after our last therapy session:

Goals I plan to work on after therapy ends:

One way to maintain the progress you have made in Hope Therapy is to make time each day for daily hope check-ups. Daily hope check-ups consist of writing a simple goal for the day, a slightly more challenging goal for the week, and then briefly assessing your progress on the goals you listed above (Lopez et al., 2000b). The following chart can be copied, bound together, and used to guide your daily hope check-ups.

#### **Daily Hope Check-Up Log**

Date: \_\_\_\_\_

My goal for the day (simple)	My goal for the week (somewhat challenging)	Status of my progress on my major life goals (challenging)