

Art Therapy Goal Setting Worksheet

Client Name

Date

Therapist

Current Feelings and Challenges

Describe your current feelings and challenges you want to address:

Art Therapy Goals

What are your main goals for art therapy?

Steps to Achieve Your Goals

What steps or strategies can help you reach your goals?

Support & Resources

Who/what will support you in this process?

Review

How will you know you are making progress?
