

# Art Therapy Goal-Setting Worksheet

Client Name:

Session Date:

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## Current Feelings & Concerns

Describe how you are feeling today:

Main challenges or concerns:

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## Goal Setting

What is your main goal for art therapy?

How will you know you are making progress?

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## Action Steps

Actions or steps to take in art therapy:

Materials or art techniques you'd like to use:

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## Reflection

Thoughts after today's session: