



Dr. K's Guide to Mental Health

ADHD Module | Planning & Goal Setting | Worksheet



What is the goal you are trying to achieve?

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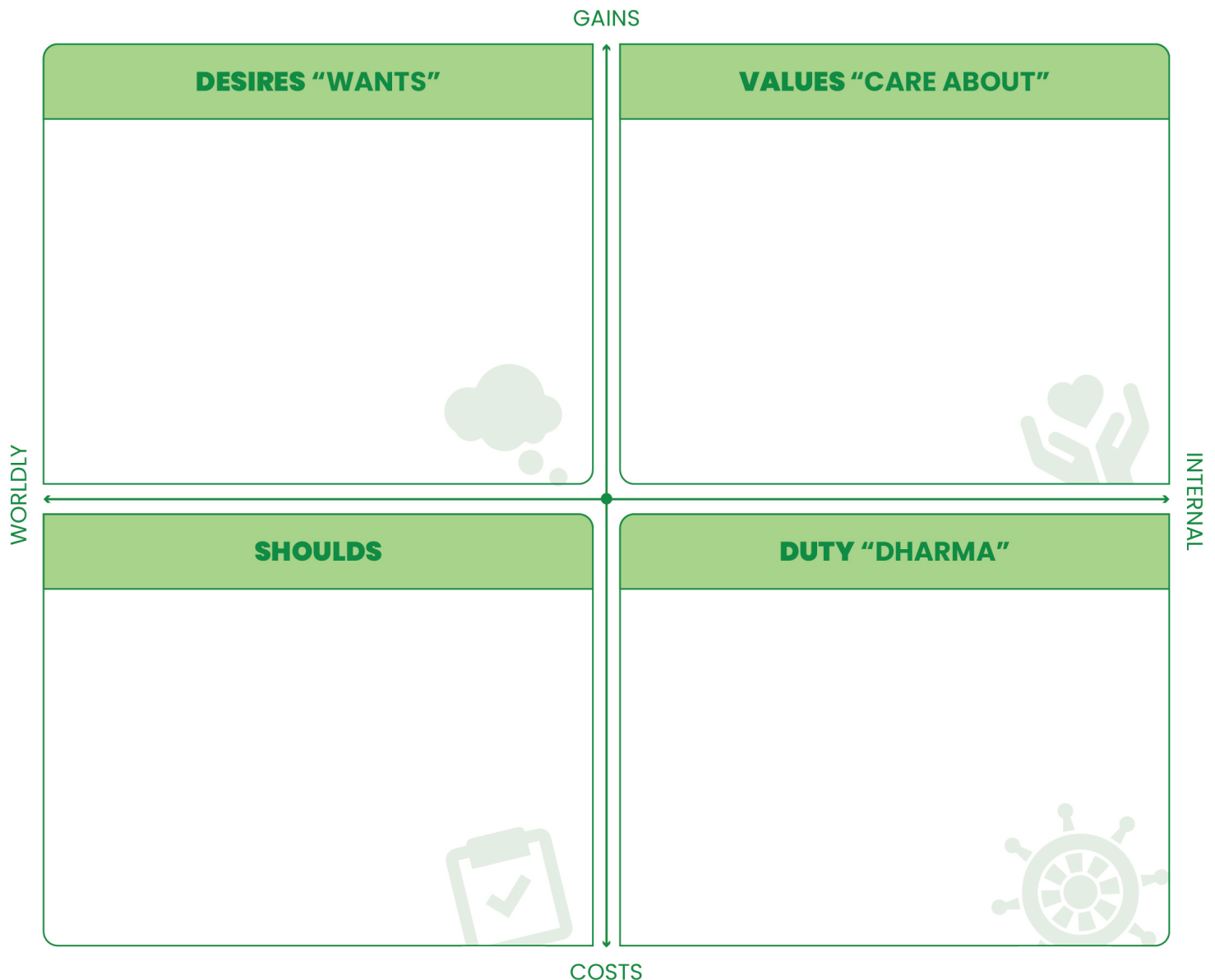
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4 Dimensional Intent Model

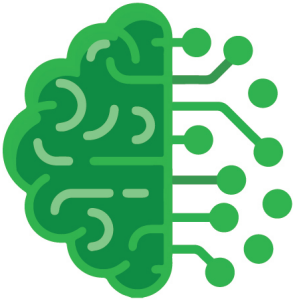
Dissect out the intent of the goal in the Desire / Value / Should / Duty chart below to determine where your motivations for this goal lie.





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How can you reframe your motivations so that it aligns with the right column?

Example: For a goal of getting a job, we can shift the motivation of “wanting prestige among peers” or “should get a job because your parents expect it of you” to focusing on values of self-independence.

