

# Goals Translation Sheet

From Vague Wishes to Workable Areas

CLIENT RESOURCE

**Purpose:** When clients say "I want to feel better" or "I want to heal," these are valid desires — but they're hard to work with directly. This sheet helps translate vague goals into specific, workable areas.

## How Translation Works

"I just want to feel better"



### TRANSLATES TO WORKABLE AREAS:



Daily energy



Emotional regulation



Sense of safety



Routine & structure



Connection



Mental clarity



## Your Translation Worksheet

### 1 Write Your Goal (even if it feels vague)

### 2 Circle the areas this might connect to:

☐

Energy

☐

Sleep

☐

Mood

☐

Focus

☐

Stress

☐

Routine

☐

Relationships

☐

Body

☐

Food

☐

Movement

☐

Safety

☐

Other

### 3 Pick ONE area to focus on first

### 4 One small thing to notice or try in this area?



## Common Workable Areas Reference

Daily energy

Emotional regulation

Sleep quality

Mental clarity

Sense of safety

Routine & structure

Connection

Self-trust

Body awareness

Stress response

Boundaries

Motivation



## The Shift

"I don't need a magic solution. I need to work on real, specific areas — one step at a time."