

## 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)

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#### 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

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

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### 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."