



# Client 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. Real change happens in small, specific steps.

## 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 &amp; 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."*

*This is how lasting change actually happens.*

**AccrediPro International Standards Institute**

Goals Translation Sheet • Level 0 Resource

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