



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)

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."

This is how lasting change actually happens.



AccrediPro International Standards Institute

Goals Translation Sheet • Level 0 Resource

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