## Handout: Goals around Smoking and Alcohol

| Smoking         |       |  |
|-----------------|-------|--|
| Goals           | Notes |  |
| 1. Quit Smoking | 1.    |  |
| 2.              | 2.    |  |

| Alcohol |       |  |
|---------|-------|--|
| Goals   | Notes |  |
| 1.      | 1.    |  |
| 2.      | 2.    |  |
|         |       |  |

| What do I need to achieve these goals? |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |