

Having goals about who we want to be and creating plans to get there is very empowering.

Goals are an important part of growth and healing.

Write out two goals for yourself.

What self-help activities can assist you in getting there?

Goal #1: _____

Self-help activities that can help me get there:

1. _____

2. _____

Goal #2: _____

Self-help activities that can help me get there:

1. _____

2. _____

Examples:

Learn how to declutter my home to help me feel less anxious.

Aim to throw away or donate two things per day.

Watch a documentary or read a book about organization.

Fitness goals

Read more

Write down activities that generally result in the feelings below.

Self-care activities for when I want to feel:

Calm	Happy
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Not Bored	<hr/>
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Examples:

Petting your cat makes you happy and reading a mystery makes you feel calm.
A video game could help distract you when you are battling the anxiety that can creep up when you are bored.