



**What are common areas of goal setting:**

- Work Related
- Relationship Related
- Grief and Loss Triggered
- Ineffective Coping Skills
- Interpersonal Conflict

**How do I set therapeutic goals?**

- Label areas of resistance or rigidity
- Where are you stuck or repetitive
- Are you getting feedback from others?
- Are there patterns that no longer serve you?
- Do you accommodate one area or person in your life at the decline of other areas?
- Do you have a tangible goal that you struggle to achieve

**Common goal setting mistakes:**

- Setting your goal too big
- Avoiding discomfort or change
- Setting your goal too vague
- Setting too many goals at once
- Setting a small time frame for your goal
- Doing it alone

**Goal setting success hacks:**

- Small and attainable
- Measurable
- Repeatable
- Sustainable
- Affordable
- You like them rather than “should do” them

**Goal setting mantras and self talk:**

- “I deserve to feel better.”
- “That’s my old self talking. I don’t have to do it that way.”
- “I can do anything one step at a time.”
- “I don’t have to have it all figured out to start.”
- “It’s OK to pause.”
- “It’s ok, I can try again.”

**How to make goal less daunting:**

- Cut the goal in half, then half again
- Is your goal more than one goal?
- Set a small achievable goal for something unrelated. Once you achieve it your confidence may boost.
- Allow room for mistakes/growth
- Team up with a therapist!

**Sample Goals and their modifications:**

- A. “I will workout 5 times a week for one hour each time.”  
B. “I will start by moving my body for 5-10 minutes 3x a week for one month.”
- A. “I will have a social life and not be lonely.”  
B. “I will make plans outside of my house at least once a week which can be solo or group activities for at least 1 hour.”
- A. “I won’t ever get angry again.”  
B. “I will identify moments when I feel anger and write down the emotions and circumstances around them in order to reframe the anger.”