



Exercise: Setting Goals and Doing What Matters

Write down your answers to the questions below in this table?

My Goals	Helpers/Strengths/Support/Resources	Barriers / My away moves for each goal	My towards moves for each goal

You will be learning new skills to help you handle these difficult thoughts and feelings more effectively, so they have less impact and influence over you.

What aspect of your life is most important to you?

work, study, health, parenting, marriage or intimate relationships, friends, family, spirituality, community

Identify values important within the aspects you have chosen. (see values list)

What do you want to achieve?

- Emotional Goals: What are these difficult thoughts, feelings, images, emotions, sensations, memories, urges you'd like to have less of?
- Behavioural goals: What would you like to stop/start; do more/less of?
Any activities you'd like to start, resume or develop?
What people, places, events, activities, challenges would you like to approach rather than avoid? What relationship would you like to improve and how?
What life problems do you want to solve?

Are there psychological/physical or external barriers that stop you from living a rich full meaningful life?

What strengths, skills, personal resources do you already have that can help you?
Who do you turn to for support?

What small steps can I take to help me achieve my goal/s? (Towards Moves)

