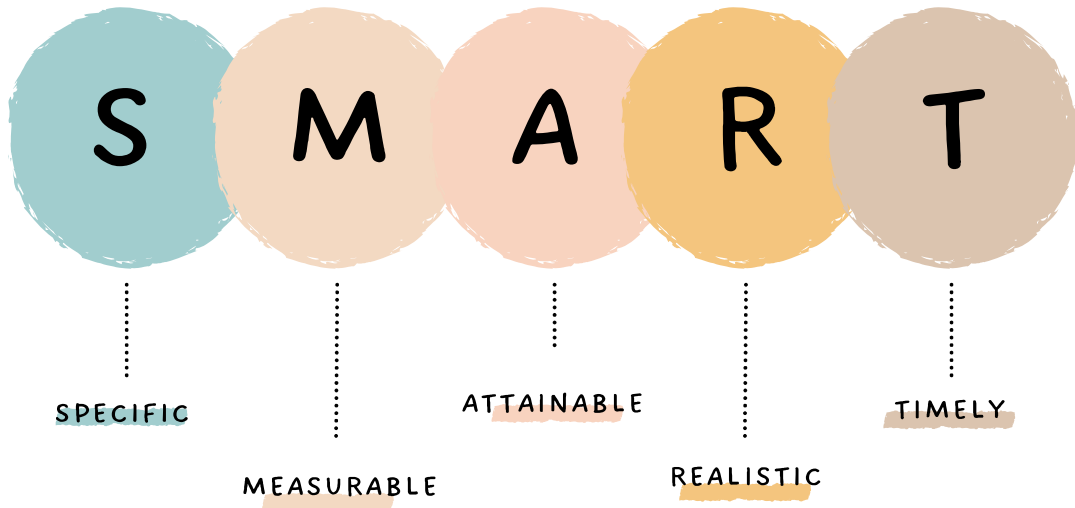


SMART GOALS



SPECIFIC

WHO, WHAT, WHERE & WHY

MEASURABLE

YOU CAN'T IMPROVE WHAT YOU CAN'T MEASURE

ATTAINABLE

CHALLENGING BUT NOT IMPOSSIBLE

REALISTIC

CLOSELY CONNECTED TO YOUR GOAL

TIMELY

A DATE TO HOLD YOU ACCOUNTABLE

LET'S GO BACK

in Time



Your task is to draw or write about a day when everything went well (a day when the problem didn't exist or went away for that time).

When you think about that day, why do you think the problem didn't exist? What was different about that day?

SPECIAL PEOPLE

in your life



Your task is to draw or write about the special people in your life that have had a significant impact on your life so far.

What makes this person/s so special to you?

How have they impacted your life?

If you could say something to them, what would you say?

YOUR MIRACLE



Imagine that tonight you go to sleep and while you are sleeping something magical happens.

All of a sudden your desired goal has been achieved. However, as you were asleep when it happened, when you wake up, you are initially unaware that it happened.

What does your desired life now look like? Feel like? Sound like? Smell like? Hear like?

You can draw or write about it below.

YOUR MIRACLE



What difference would you notice if these wishes came true?

What would be the very first thing that you would notice?

YOUR MIRACLE



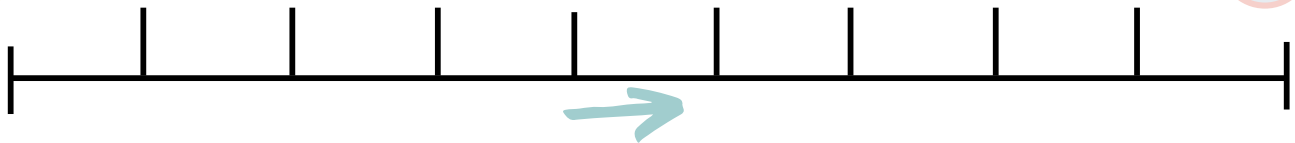
What would you need for this to happen?

How would it help you if these miracles came true?

SCALING QUESTIONS



A SCALE FROM 1 TO 10, , WITH 10 REPRESENTING THE BEST IT CAN BE AND 1 THE WORSE.



YOUR
PROBLEM
AT IT'S
WORSE

PROGRESS
STEPS

YOUR
DESIRED
GOAL

What is your desired goal or miracle?

Where would you rate yourself on the scale in terms of how close you are right now to reaching that goal?

SCALING QUESTIONS



What do you need to do to help yourself move up the scale?

What strengths and skills so you have to help yourself move up the scale?

What have you learned from your successful past experiences that could help you?

EXCEPTIONS - WHEN THE PROBLEM WASN'T A PROBLEM



Describe a time when the problem didn't happen or exist. What exactly was different about that time?

What were you doing differently that time?

What has worked in the past, even if it's only for a short time?

EXCEPTIONS - WHEN THE PROBLEM WASN'T A PROBLEM



Describe the times you felt the happiest.

When was the last time that you feel you had a better day?

When things are better how do you cope?

COPING SKILLS



Even in overwhelming times, everyone displays some coping skills, even if you are unaware of them. What are yours?

In the past, how have you managed to stop things from getting worse?

Do you have any coping skills that you are aware of?

How have you managed to carry on in difficult times?

COPING SKILLS



How do you keep going day after day when there seems to be no hope?

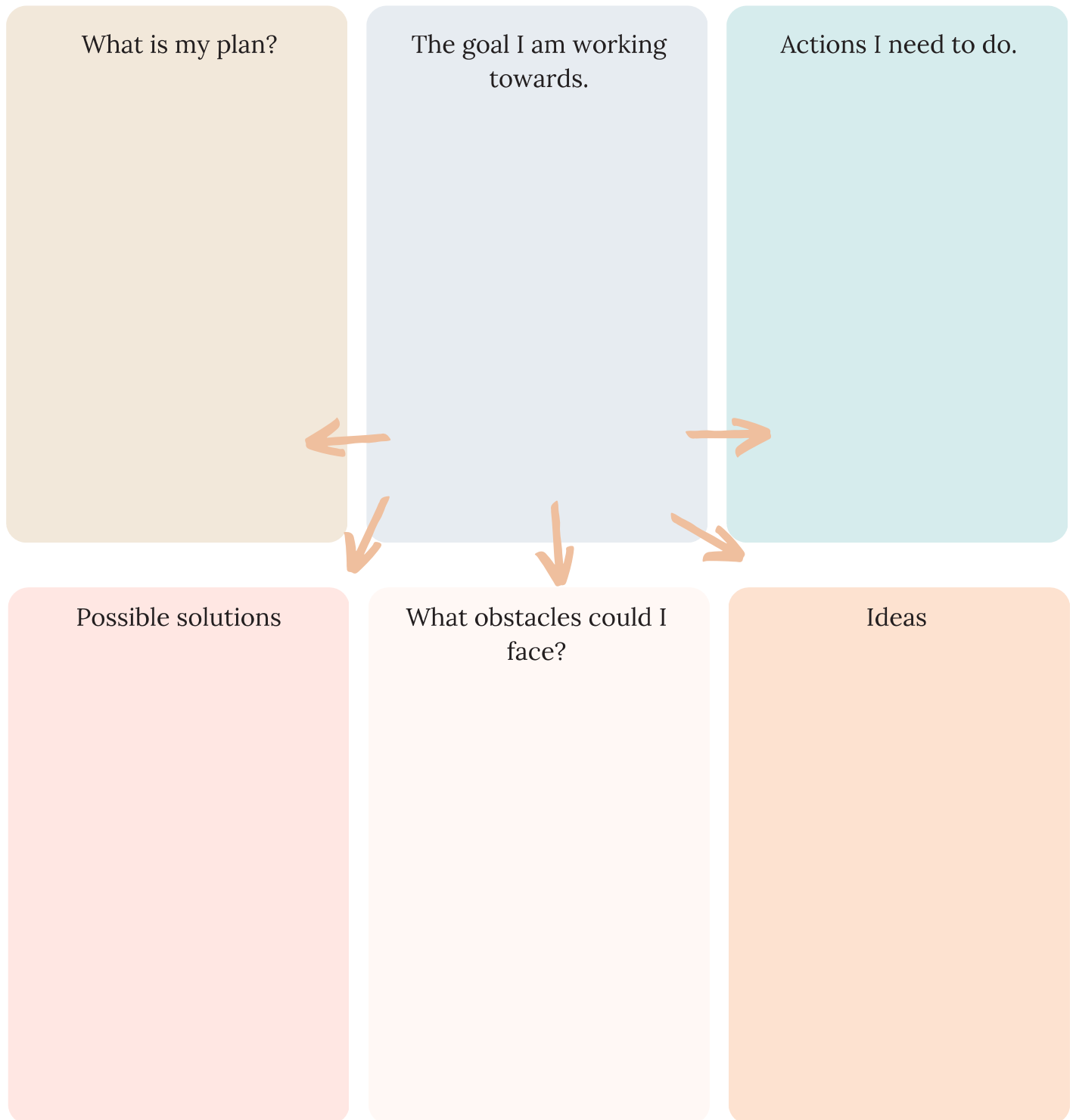
What would it take for you to keep doing what you've been doing?

REFLECTION

MIND MAP



Mind mapping starts with a central idea, (your miracle), and then helps you find ways to make than happen in real life. This exercise will help you see connections and understandings of similar behaviors and thoughts, particularly those that can contribute to the solution.



BE YOUR OWN CHEERLEADER

The way you speak to yourself matters!

"I am capable of
finding a solution and
overcoming this
problem."

