

GOAL SETTING CRASH COURSE

How to Not Lose Your
Mind During Quarantine

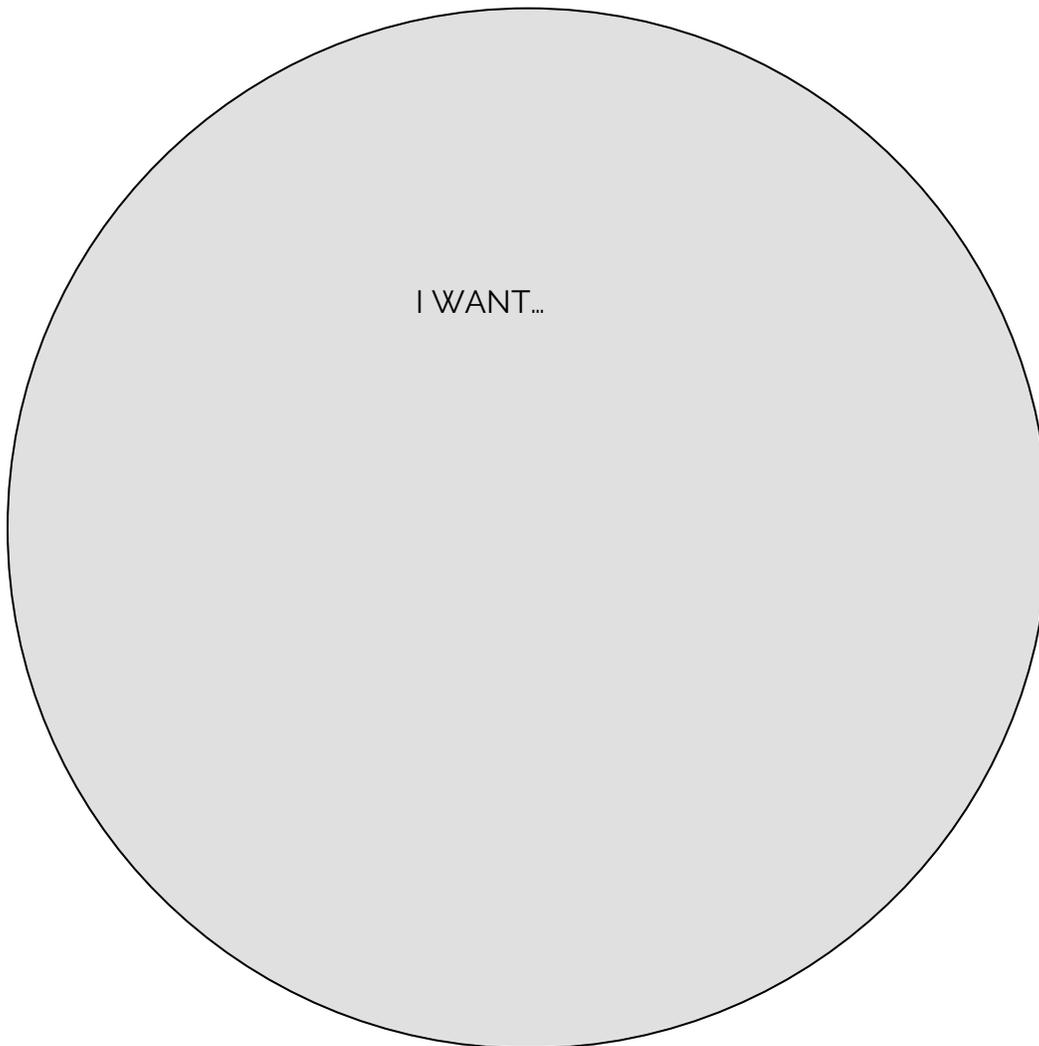


THE CIRCLE

In order to work toward something, you have to know what you want! Use this simple brainstorming exercise to get clear.

Place words and phrases that represent **what you want during this time inside the circle**. Place **what you don't want outside the circle**.

I DON'T WANT...



I WANT...

THE CIRCLE 2.0

These are strange times. Things that were within our control a month ago might no longer be within our control. This can feel disempowering at first glance and should be worked through thoughtfully and honestly.

An important step toward setting goals that are meaningful and motivating is identifying **what is and what is not within your control**. Write words and phrases in the corresponding spaces.

OUT OF MY
CONTROL...

WITHIN MY CONTROL...

KNOW YOUR NEEDS

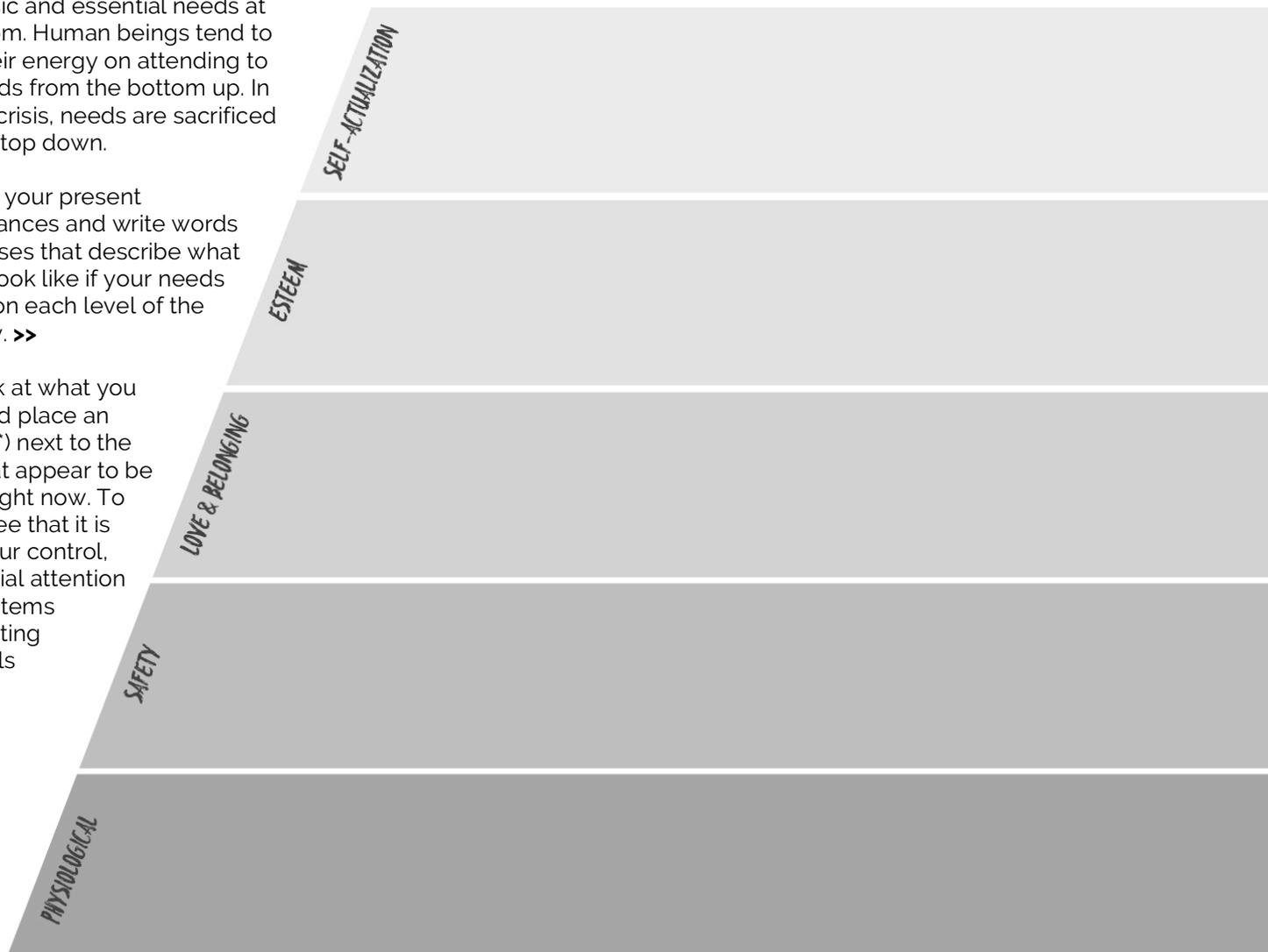


American psychologist, Abraham Maslow published his theory about the **hierarchy of needs** in 1943. In this five-tier model, human needs are stacked in a pyramid with the most basic and essential needs at the bottom. Human beings tend to focus their energy on attending to their needs from the bottom up. In times of crisis, needs are sacrificed from the top down.

Consider your present circumstances and write words and phrases that describe what it might look like if your needs are met on each level of the hierarchy. >>

Now look at what you wrote and place an asterisk (*) next to the items that appear to be lacking right now. To the degree that it is within your control, pay special attention to these items when writing your goals and daily habits on the next page.

>>



SET GOALS



DAILY HABITS

Habits are different from goals, because they are things you do **every single day** without fail.

For habits, keep the bar *very* low and manageable. If you miss a habit more than 3 days in a row, adjust the expectation, remove it entirely, or consider changing it to a goal that isn't daily.

Examples of habits might be: make my bed, brush my teeth, 10-minutes of stretching, write 3 things I'm grateful for, in bed by 11:00pm, etc.

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PROJECT:

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Meaningful and motivating goals are:

Specific: The more detail the better.

Measurable: you know when it's done.

Achievable: within your control, given your current circumstances. Not tied to someone else actions.

Relevant: they matter to you and lead you in the direction of your values.

Time-oriented: they have a deadline or other time domain.

Written: write and post this page somewhere you'll see it regularly.

Approach: as opposed to avoidant. Write goals that define what you do, not what you refrain from doing.

Present: Use "now" language.

GOALS

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