## Self Reflection

Reflecting on the past to identify a path forward.

What aspects of your life would you like to improve? (List the specific behaviors you want to change or improve)

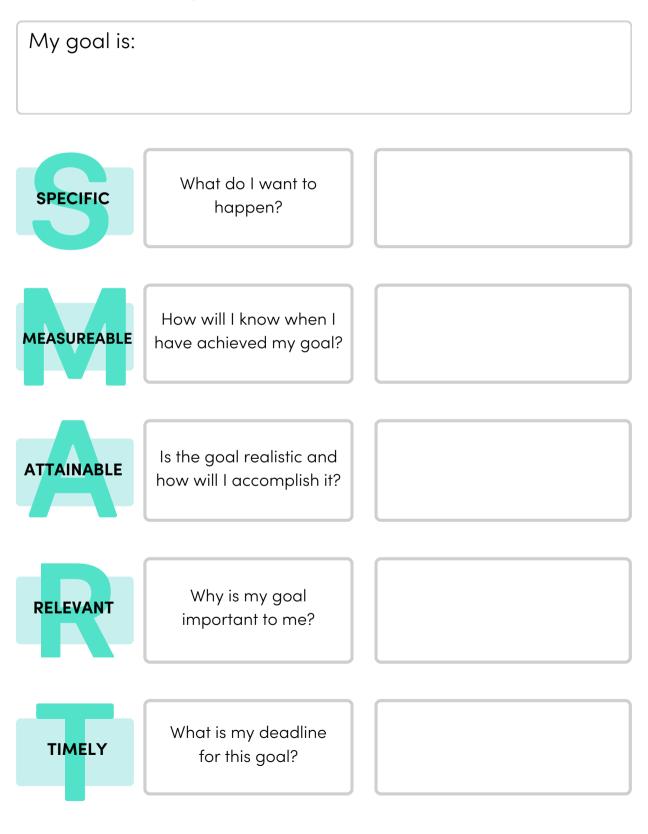
Create one to three goals from your self reflection

Goal #1	Goal #2	Goal #3
What feelings are associated with this goal?	What feelings are associated with this goal?	What feelings are associated with this goal?

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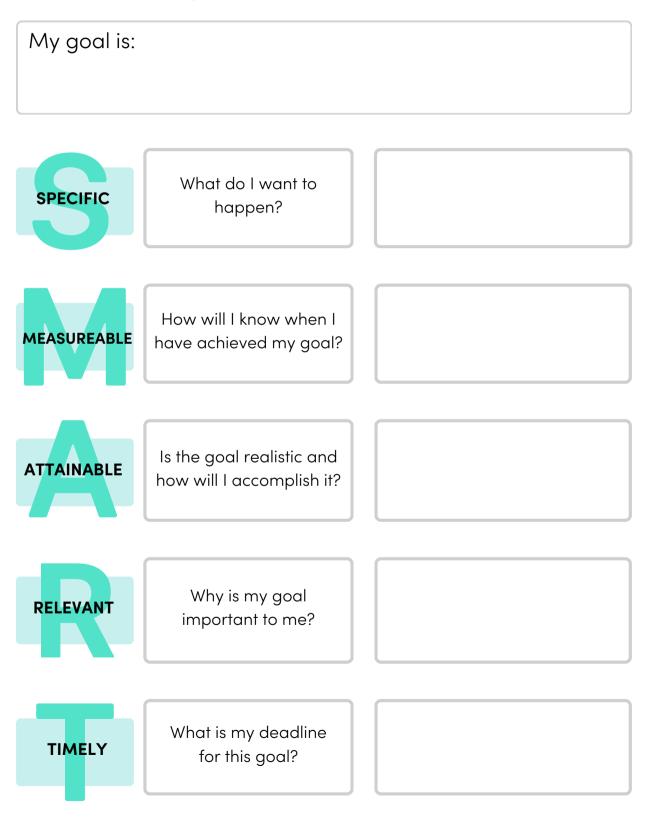
### Smart Goals

Setting realistic and achievable outcomes.



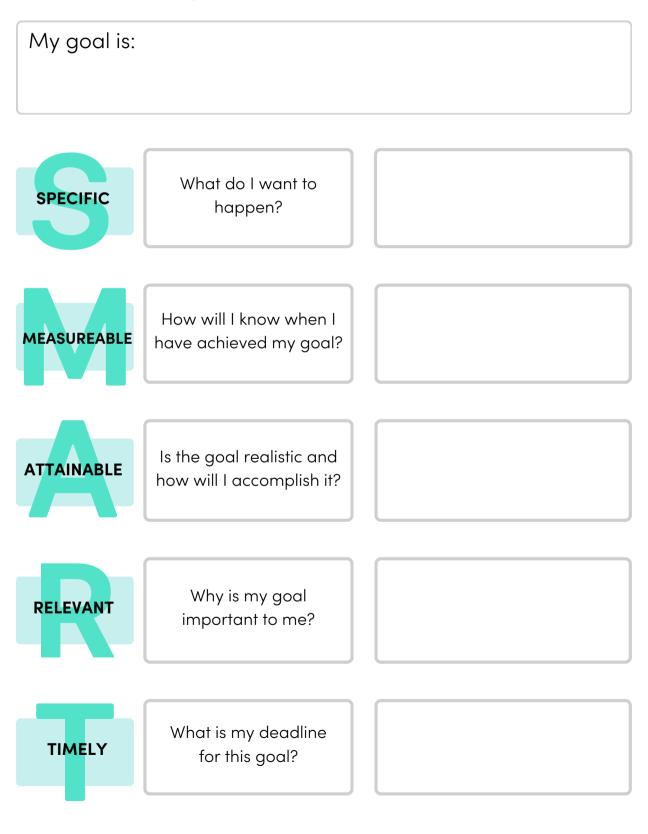
### Smart Goals

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## Goal Planning

Remember, progress is a journey, not a destination. Take one step at a time.

Goal #1	Goal #2	Goal #3
Break down Goal #1 into	Break down Goal #2 into	Break down Goal #3 into
specific steps	specific steps	specific steps
How will you know	How will you know	How will you know
when you've achieved	when you've achieved	when you've achieved
the goal?	the goal?	the goal?

# Anticipate Bumps

Let's anticipate potential obstacles and challenges and how to handle them

Goal #1	List some potential obstacles and challenges to achieving this goal	How can you overcome these hurdles?		
Goal #2	List some potential obstacles and challenges to achieving this goal	How can you overcome these hurdles?		
Goal #3	List some potential obstacles and challenges to achieving this goal	How can you overcome these hurdles?		
Who can support you on this journey?				
Don't hesitate to seek support from friends, family, or Tava therapist when needed. You don't have to go it alone.				
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