

# 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?

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# Smart Goals

Setting realistic and achievable outcomes.

My goal is:

**S**  
SPECIFIC

What do I want to happen?

**M**  
MEASUREABLE

How will I know when I have achieved my goal?

**A**  
ATTAINABLE

Is the goal realistic and how will I accomplish it?

**R**  
RELEVANT

Why is my goal important to me?

**T**  
TIMELY

What is my deadline for this goal?

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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 specific steps

Break down Goal #2 into specific steps

Break down Goal #3 into specific steps

How will you know when you've achieved the goal?

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# 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.