

STEPS TOWARDS A GOAL WORKSHEET

Activity: _____

If identified, what is the ultimate goal of this activity? _____

Making this activity SMART:

Specific	
Measurable	
Action-oriented	
Reasonable	
Time-limited	

Emotion before starting the activity

Feeling word: _____

Sensations in my body:

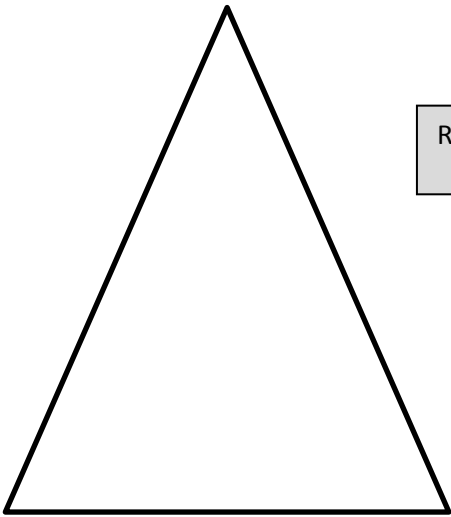
Rate: 1-2-3-4-5-6-7-8-9-10

Thoughts after the activity

Any change in the intensity of the **old emotion**?

Rate: 1-2-3-4-5-6-7-8-9-10

Activity



New emotion after completing the activity?

Feeling word: _____

Sensations in my body:

Rate: 1-2-3-4-5-6-7-8-9-10