

## My goals for feeling better



**Goal 1:** .....

Longer term things I can do to work towards this goal over the next six months or so.

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Things that I can do towards this goal in the next month.

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Things I can do towards this goal in the next couple of weeks.

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**Goal 2:** .....

Longer term things I can do to work towards this goal over the next six months or so.

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Things that I can do towards this goal in the next month.

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Things I can do towards this goal in the next couple of weeks.

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**Goal 3:** .....

Longer term things I can do to work towards this goal over the next six months or so.

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Things that I can do towards this goal in the next month.

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Things I can do towards this goal in the next couple of weeks.

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