

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.

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

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.

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

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

Goal 3:

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

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

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

Try and make your goals specific to you. Make sure you can measure your progress with them, and that they are realistic for you to achieve.

Now you have your goals, rate each one for how much you are able to do it now, or how much progress you have made towards achieving it. This will be a baseline for you to look back on. By re-rating yourself as you continue through the book, it will allow you to measure how things are improving objectively.



Rating my goals

Goal 1:Today's date.....

I can do this now (circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

One month re-rating (Today's date.....)
(circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

Two month re-rating (Today's date.....)
(circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

Three month re-rating (Today's date.....)
(circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

Goal 2:.....Today's date.....

I can do this now (circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

One month re-rating (Today's date.....)
(circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

Two month re-rating (Today's date.....)
(circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

Three month re-rating (Today's date.....)
(circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

Goal 3:..... Today's date.....

I can do this now (circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

One month re-rating (Today's date.....)
(circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

Two month re-rating (Today's date.....)
(circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

Three month re-rating (Today's date.....)
(circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

You have now thought about what life will be like if you make changes and set some goals. We hope that you feel motivated to continue. Keep going! In Section 2 we are going to introduce the tools that will help you work towards these goals and feel better.