

Worksheet from The Happiness Trap (2nd edition) by Russ Harris

SETTING A GOAL IN ONE LIFE DOMAIN

Life Domain:

Values:

Goal:

When and where will I do this?

What specific actions will I take? (If relevant: what words will I say?)

What difficult thoughts and feelings are likely to show up?

Am I willing to use my unhooking skills with these difficult thoughts and feelings, and do what matters to build the life I want? Yes/No

If 'No', change the goal: smaller, simpler, easier: My new goal is to ...

How realistic is it that I will do this, 0-10?

If < 7, change the goal. Make it smaller, simpler, easier: My new goal is to ...