

WORKSHEET: EASEFUL GOAL-SETTING

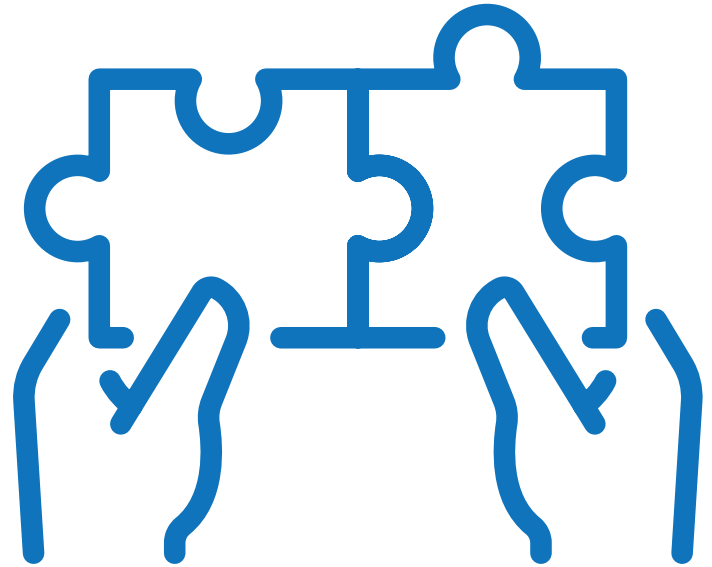
Explore ways to add ease and sustainable motivation to your summer goals with this mental health worksheet.

What's one goal you want to accomplish this summer?

Is your goal extrinsic or intrinsic? (Hint: Try asking yourself what you hope will happen when you achieve your goal.)

Which of your values align with your goal (common values are things like family, relationships, community, personal growth, financial security, etc.)? Can you tweak your goal to align with your deepest values?

Does your goal align with your present reality? If not, scale down your goal to make sure it's something you can realistically accomplish (or at least get started) this summer.



Use chunking to break your goal down into bite-sized pieces. Write out the steps to reaching your goal.

Ask yourself these questions:

What can I realistically accomplish on a day when I am at my peak? And my lowest? (Aspirational and Easeful)

How can I use habit stacking to make my routines and progress feel more easeful?

What rewards will enhance my motivation to continue? How will I reward myself when my goal is accomplished?
