

## SET YOUR GOALS

Choose a goal and make a plan

1. <b>Choose your specific goal.</b>	
2. <b>Is it realistic?</b>	Yes/No
3. <b>Plan the details.</b>	Date of goal ..... Start time ..... Materials needed? 1. 2. 3. Anything else important?
4. <b>Identify any of your C.B.B. thoughts.</b> (If helpful, have a look at the list of C.B.B. thoughts above and see if any resonate with you.)	1. 2. 3. 4.
5. <b>How can you challenge C.B.B. thoughts using I.C.B.B. responses?</b>	1. 2. 3. 4.
6. <b>Am I encouraging myself positively?</b>	Yes/No
7. <b>Have I practiced with an imaginary trial run?</b>	Yes/No
8. <b>After the goal attempt, was I successful?</b>	Y/N If not, then why not?
9. <b>Next steps.</b>	What's my next goal?