

AnxietyControlCenter.com

Symptoms are the tip of the iceberg

By going underneath to the programs that cause anxiety upset, fear, and procrastination we can make lasting change

NO-FAIL GOAL SETTING

**Learn to use
the Power of Your Mind**

AnxietyControlCenter.com

GOAL SETTING

AnxietyControlCenter.com



High Achievement Goal Setting

Put WIND in your sails

- ✦ *Wants*
- ✦ *Ideas*
- ✦ *Needs*
- ✦ *Desires*

What is your Vision?

anxietycontrolcenter.com

SMART GOALS

- ✦ *S = SPECIFIC*
- ✦ *M = MEASURABLE*
- ✦ *A = ACTION-Oriented*
- ✦ *R = REALISTIC*
- ✦ *T = TIME ELEMENT*

How Smart is your Goal?

- ✿ *Is it specific ?*
- ✿ *Is it Measurable ?*
- ✿ *Is it action-oriented ?*
- ✿ *Is it Realistic ?*
- ✿ *Is it time and resource constrained?*

Goal Statement

✦ *My goal statement is:*

✦ -

✦ -

✦ -

✦ -

✦ -

Creating Your Measurement System

- ✦ *Define*
- ✦ *Identify*
- ✦ *Your measurements*
- ✦ *When*
- ✦ *Where*
- ✦ *Who is needed*

Tasks needed to achieving my Goals

- ✿ *Critical tasks*
- ✿ *Actions I control and will take*
- ✿ *Obstacles that could stop me*
- ✿ *Actions I can take to reduce each obstacle*

anxietycontrolcenter.com

Action Planning Worksheet

- ✦ *My goal is to...*
- ✦ *Ten Action Steps*
- ✦ *Date to accomplish steps*

anxietycontrolcenter.com