

1. Goal:
 - Specific:
 - Measurable:
 - Achievable:
 - Relevant:
 - Time-bound:
2. Reflect on your current situation:
 - Current situation related to this goal:
 - Factors or obstacles hindering progress:
 - Resources or strengths to leverage:
3. Unhelpful thoughts or beliefs:
 - Negative thoughts or self-doubts:
 - Underlying beliefs:
4. Challenge and reframe unhelpful thoughts:
 - Evidence supporting or contradicting negative thoughts:
 - Balanced or realistic thoughts:
5. Action plan:

Breakdown of goal into smaller steps:

 - 1.
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 - Actions to take for each step:
 - Step 1:
 - Deadline:
 - Step 2:
 - Deadline:
 - Step 3:
 - Deadline:
6. Anticipate and plan for obstacles:
 - Potential challenges or barriers:
 - Strategies to address or overcome obstacles:
7. Sources of support:
 - Supportive individuals or professionals:
 - Person 1:
 - Person 2:
 - ...
8. Progress tracking:
 - System for tracking progress:
 - Milestones or celebrations for achievements:
9. Self-reflection:
 - Periodic reflection and evaluation:
 - Necessary adjustments or adaptations:
 - Lessons learned: