

Goal setting and Positive Intentions Exercise

Purpose: To learn how to set a specific actionable goal and formulate a specific intention to help you realize that goal. You want to set an actionable intention that you have a realistic chance of implementing. This exercise can transform the stressor into a positive factor because you look at the stress in a new way.

1. **Identify the stressor**- Describe the current problem that is causing you to feel stress or perhaps your warning signs.
2. **List the positive ways to cope with it**- List 1-2 effective ways or coping tools to cope with the situation.
3. **Set specific goals to achieve in addressing the stressor**- If you used this coping tool, what goal would you achieve that addresses the stressor? State this in the present and affirmative tense and form statements that tell your brain you are already and actively having, being, or doing the goal. Instead of “I will exercise to the point of sweating 3x a week”, say “I exercise to the point of sweating.”
4. **Make specific steps (an intention)**- Remember that intention and visualize success. What specific action can you take to achieve that goal; When? Where? How?
 - a. Using the If/Then can be the most effective to form an intention. For example, IF I talk directly to my manager on Monday and ask for feedback, THEN I will know I took that step instead of worrying about it all week.
 - b. Create a positive statement in the present tense.

| Stressor | Positive Way to Cope | Specific Goal | First Step (If/Then) |
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| My boss asks me to do a volume of work that exceeds my work hours. I sacrifice sleep in order to get it done. This hurts my well-being | I calculate the number of hours the task will take. I let my boss know how long this task takes. I set a time stop no matter what. When there are multiple requests, I ask for priorities. | My needs are as great as my employer's. I am comfortable doing the work and other things important to me and my family. Work requests are increasingly realistic. I feel better and look better. | IF on (Friday afternoon) I get a request for work due on Monday THEN I will say: It will take me xxx number of hours. I will start on it this afternoon and I will be able to get it to you by (Wednesday). |

Goal Setting Exercise

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