



Chapter 7 Home Practice

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Work on a Value-based SMART Goal

Step 1: Value _____

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Domain _____

Step 2: For the purposes of this exercise, keep this goal small—something that can be done within the next week. What is the smallest, simplest step you could take in the direction of this value?

Check that the goal is:

Smart

Measurable

Attainable > 1 2 3 4 5 6 7 8 9 10
(rate your confidence that you can complete the goal as written)

Relevant

Time-bound

Chapter 7: GOING WHERE YOU WANT TO GO

Step 3: Are there any obstacles that could get in the way of completing this goal? _____

What can you do to deal with these obstacles?: _____

Step 4: (After you have tried to complete the goal) How did it go? Do you want to re-set this goal, or to set another goal? Is there anything you would like to do differently? _____

Step 5: Give yourself credit and practice a **Good for Me!**





Practice the Soles of the Feet Skill

What did you notice? _____

My Good for Me(s) This Week



I can give myself credit that I invested time, energy, or effort in: _____



Notes