



Self-help worksheet

Set Goals for yourself:

Eliminate unhealthy Habits:

Identity what is it that you want to achieve:

Practice self-compassion:

Focus on yourself:

Find your focus in life:

References

[Locke, E. A. \(1996\). Motivation through conscious goal setting. *Applied and preventive psychology*, 5\(2\), 117-124.](#)

[Grice, R. \(2019\). *Smart Goals: How to Get Unstuck and Achieve the Goals We Desire in Life*. \(n.p.\): Independently Published.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counselor.