NUMBER 4

MOVE TOWARD YOUR GOALS

CULTIVATING PREVENTION: RESILIENCE CAMPAIGN 2020-2021

Doing something productive that is important and meaningful is a great way to alleviate stress. Try this out by giving energy to purposeful goals.

FIND THE PURPOSE THAT PROPELS YOU FORWARD

Ask Yourself:
- *What do I value most?*
- *What qualities in relationships help me achieve my goals?*
- *If I had a free day, how would I spend my time?*

ACTIVATE SUPPORT

- Share your goals with someone.
- Ask someone for guidance.
- Ask for support to help you be accountable.

SET MEANINGFUL GOALS

- Write down 2-3 goals that are important to you.
- Turn your goals into **SMART** goals: **S**pecific, **M**easurable, **A**chievable, **R**ealistic, and **T**ime-bound
- Divide each goal into small, manageable tasks.
- Identify 1 activity you can do today to move toward 1 goal.

PACE YOURSELF

- Reflect on what you've learned, and what you still want to accomplish.
- Give yourself some grace. Remind yourself: "*I will get there, one step at a time.*"

Adapted from American Psychological Association (APA). 2012 Building your resilience.