

Goal-setting

1. Working toward specific goals can help you live the life you want while __ your mental illness
 2. Once you become more ____, you can work on accomplishing larger, more long term goals
 3. Completing a household task is a __ goal
 4. Move out of parent's house is a __ goal
 5. Stick to a daily schedule is a __ goal
 6. Find/keep a job that I enjoy is a __ goal
 7. Goals should be defined as much as possible
 8. Goals should allow you to track your progress
 9. Goals should be challenging, but __
 10. The goal should seem important and beneficial to you
 11. Your goal should have a time limit
 12. Get help and __ from your support network as you work toward your goals
 13. Believing in __ is an important part of working towards your goals
- A. Short term goal
B. Measurable
C. Confident
D. Achievable
E. Yourself
F. Time-based
G. Encouragement
H. Long term
I. Managing
J. Specific
K. Relevant
L. Long term
M. Short term