

My Goals Small Adaptions = Big Changes

- 1) Ensure that you are alone and have at least 20-30 minutes to spare, without being interrupted.
- 2) Try to be as open and true to yourself as possible when giving your answers. If you think of anything that you then pass off, be brave and write it down as these thoughts could be related to key fundamental areas needed to be changed.
- 3) You can come back to this and add/edit as you wish, there is no need to complete this form in one go.
- 4) This tool is to help you to identify your strengths, weaknesses, and any changes needing to be made to help reduce any negative thoughts, feelings or behaviours you feel. Therefore, having a positive impact upon yourself and your family.
- 5) After every 2 or 4 weeks, reprint this worksheet and start afresh, identifying areas that you have changed.
- 6) 6 Feel good about yourself. (Why not reward yourself with a bit of well-deserved pampering or a glass of wine 😊)

STOP DOING	DO LESS	CONTINUE	DO MORE	START
<ul style="list-style-type: none"> • Screaming & shouting. 	<ul style="list-style-type: none"> • Beating myself up over mistakes I make (learn from them instead.) 	<ul style="list-style-type: none"> • Trying to get my child the help they need. 	<ul style="list-style-type: none"> • Spend 1-1 time with the kids. • Have fun. 	<ul style="list-style-type: none"> • Feeling good about myself.

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