

Goal Setting

Name _____

Date _____

SMART goals are used to set goals which are achievable and beneficial. SMART stands for Specific, Measurable, Action-oriented, realistic, and timely. Fill out the worksheets to create your own SMART goals.

What do I want for my... How are my goals:

Social Life:

Education:

Physical Health:

Leisure Time:

My Goals:

Social:

Mental:

Physical:

Personal:

S:

M:

A:

R:

T:

Name _____

Date _____

Weekly Mood Tracker

Our emotions can be divided into four zones: blue, green, yellow, and red. We always try to stay or go back to the green zone and avoid the red zone.

Fill out the calendar below for an overview of the zones you go through in a week.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Today I felt:	Today I felt:	Today I felt:	Today I felt:
To stay in the green zone, I tried to:	To stay in the green zone, I tried to:	To stay in the green zone, I tried to:	To stay in the green zone, I tried to:

THURSDAY	FRIDAY	SATURDAY
Today I felt:	Today I felt:	Today I felt:
To stay in the green zone, I tried to:	To stay in the green zone, I tried to:	To stay in the green zone, I tried to:

MOOD ZONES

Low energy and motivation to participate

BLUE

Attentive and feeling positive overall

GREEN

Uncomfortable and needs to focus

YELLOW

Full of negative emotions and may react harshly

RED

Exercise Log

Name _____

Date _____

Date	Mood before	Mood after	Type of exercise
	Blue Green Yellow Red	Blue Green Yellow Red	
	Blue Green Yellow Red	Blue Green Yellow Red	
	Blue Green Yellow Red	Blue Green Yellow Red	
	Blue Green Yellow Red	Blue Green Yellow Red	
	Blue Green Yellow Red	Blue Green Yellow Red	
	Blue Green Yellow Red	Blue Green Yellow Red	
	Blue Green Yellow Red	Blue Green Yellow Red	
	Blue Green Yellow Red	Blue Green Yellow Red	

MOOD ZONES

Low energy and motivation to participate

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Full of negative emotions and may react harshly

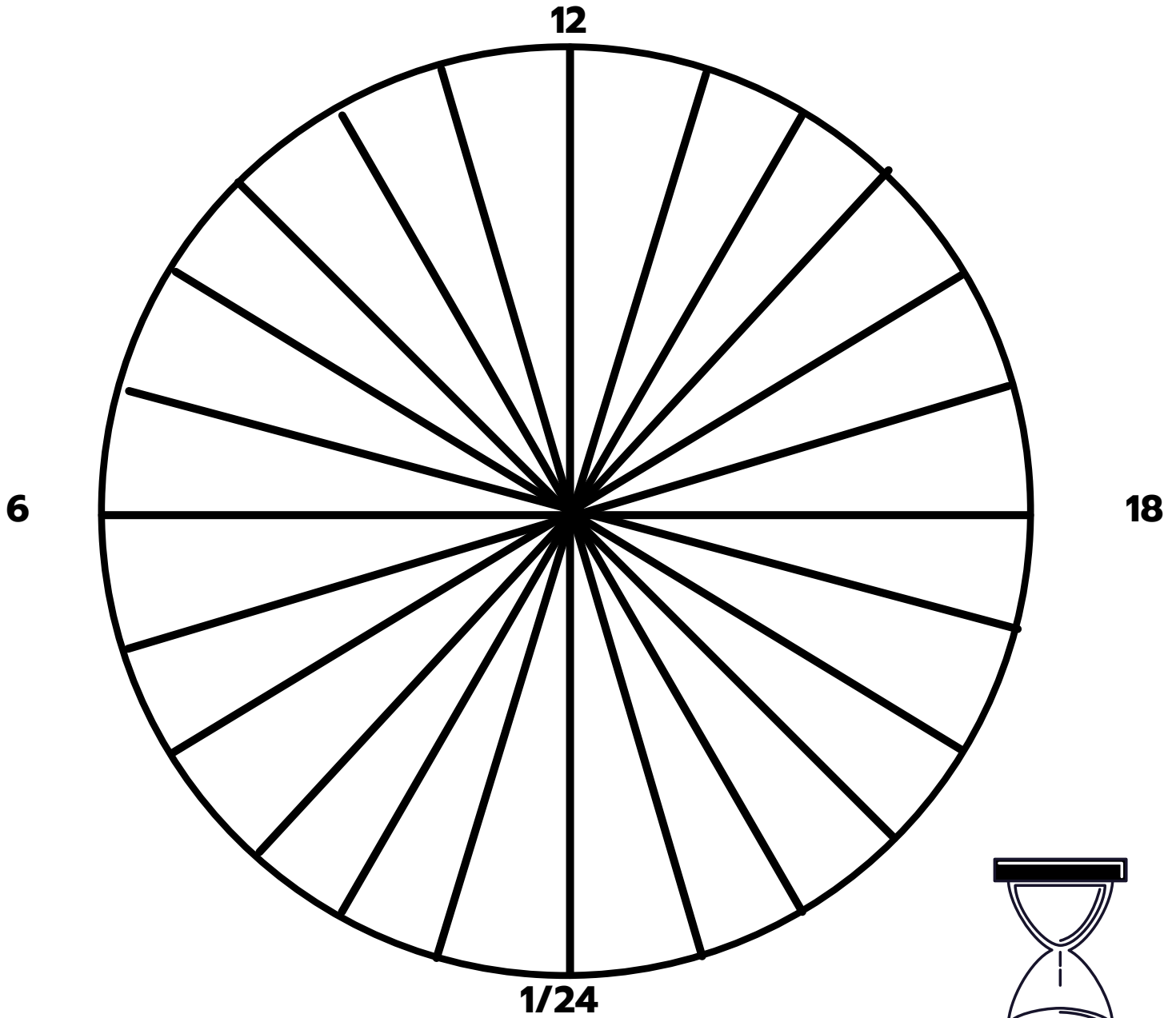
RED

Time Management

Name _____

Date _____

Before you can figure out how to optimize your schedule, you need to know how you are spending your day as it is. Color the chart below using the key to visualize your day-to-day work life balance.



ACTIVITY
BREAKDOWN
KEY

Sleep

BLUE

Hobbies

PINK

Eating

GREEN

Friends

PURPLE

Exercise

YELLOW

Family

ORANGE

Schoolwork

RED

Other

GREY

Affirmations

Name _____

Date _____

Affirmations are a powerful tool in goal setting and self improvement. Write your affirmations and when you plan to use them below, using the following steps:

- Start your affirmations with "I am..."
- Use present tense and positive language
- Keep your affirmations brief
- Make sure your affirmations are specific and personal

My affirmations:

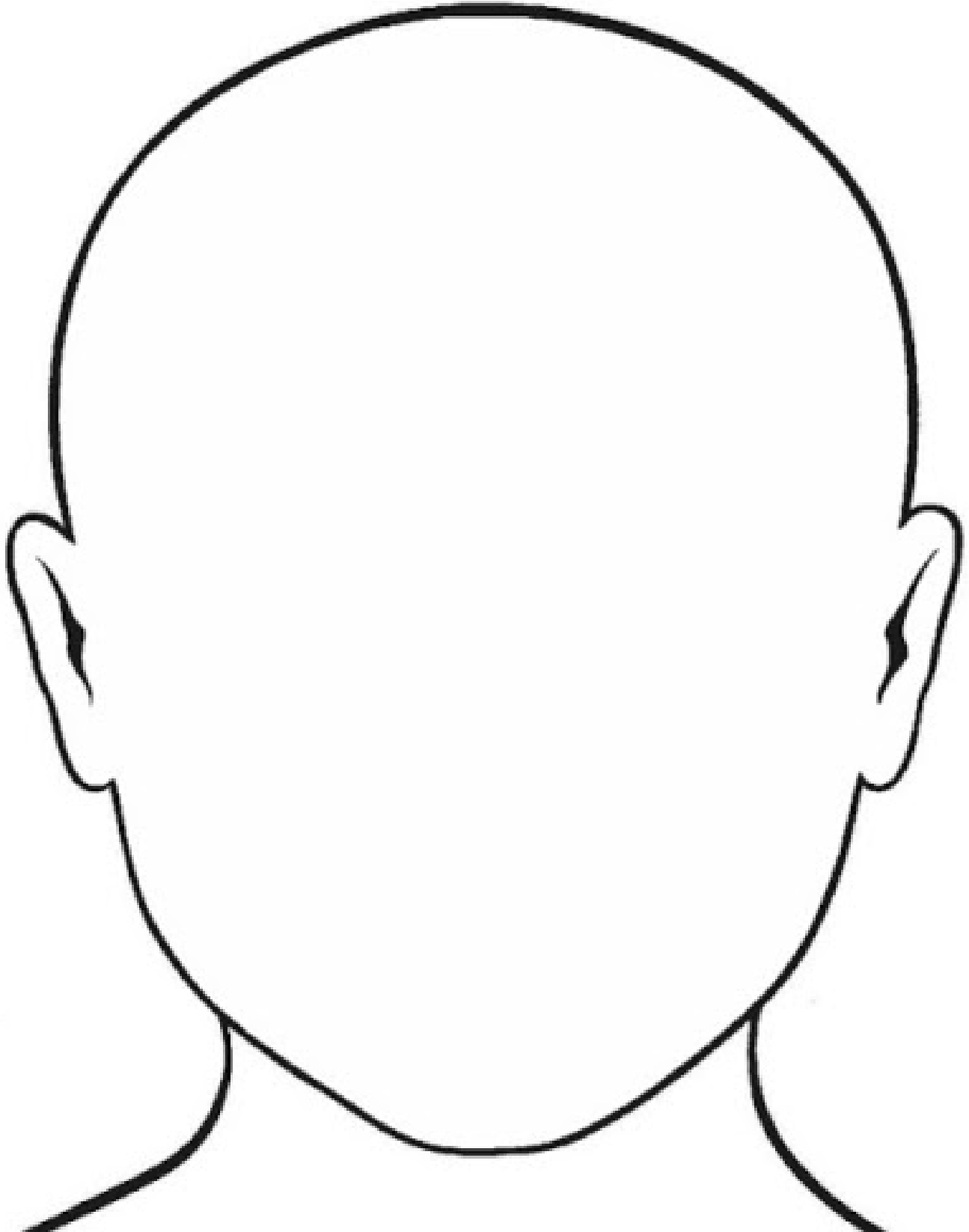
1. I am... _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

I will use this when:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Self-Affirming Sheet

This worksheet is an exploration of what makes you YOU. Write your affirmations in the outline of the head - use markers, pens, or colored pencils to make the words special and unique, and decorate the background as you see fit!



Meditation

Name _____

Date _____

Follow along the traditional meditation video, and repeat your goals throughout the instruction. Meditation allows for mental clarity and quiet that is not available during day-to-day activities - reflecting on your goals while meditating can allow for greater understanding and appreciation of them.

Choose up to five goals to focus on:

1. _____
2. _____
3. _____
4. _____
5. _____

Breathwork diagram



	Mood before	Mood after	Additional notes
SUNDAY			
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			

MOOD
ZONES

Low energy and
motivation to
participate

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feeling positive
overall

GREEN

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