

## Goal Setting

1. Focus on one thing at a time, especially for major changes.
2. Make sure the goal is your own . Choose something you care about and are ready to invest in.
3. Push yourself, but be realistic .
4. State your goal in positive terms. Describe what you will do.
5. The goal must be specific and measurable .
6. Have a plan :
  - \* What resources will you need?
  - \* Who will help you and hold you accountable?
  - \* What is your time line?
7. Evaluate .
  - \* Reward your successes
  - \* Examine your failures

## Anger Management

### 1. Learn/Practice PATIENCE

- adjust expectations
- slow down
- pre-plan

### 2. Focus on GRATITUDE vs. Entitlement

- count your blessings
- acknowledge your appreciation
- journal

### 3. Know your TRIGGERS

- identify troublesome situations
- watch for physical cues
- have a plan

### 4. Work on general PREVENTION

- sleep
- exercise
- disease prevention
- relaxation

### 5. Heal WOUNDS

- identify sore spots
- get professional help

