

## Steps to Create Your Goal

1. **Write what you want.** Make this this is a positive statement. If you know what you want to stop, simply flip it.

**Example:** *I want to sleep through the night and feel well rested. Changed from, "I want to stop having recurring dreams of trauma."*

2. **Write what you can do within your control.**

**Example:** *I can go to bed at the same time each night, I can read a positive story or listen to positive music before I go to bed, and I can hire a coach who works with trauma to help me with things I may not know.*

3. **Add specifics to your goal.** Define or clarify how or when you will do this.

**Example:** *How often are you having recurring dreams now? How much less will you have them and when will that happen? I will have no more than 3 recurring dreams in a month by May.*

4. **Describe your goal using your senses.** What would you see? Feel? Hear? Smell?

**Example:** *I want to feel energized when I wake in the morning from a still and uninterrupted night's sleep. I will see myself in the mirror in the morning and smile with gratitude as I hear the shower start and smell my shampoo.*

5. **Break up your goal into realistic pieces.** What do the steps to this goal look like?

**Example:** *I will go to bed at 10pm M-F. Then, I will choose 3 positive affirmations to read before bed at 9:45pm. I will hire a coach by the end of Tuesday. I will decrease my recurring dreams by one night each week.*

6. **Write a list of the resources you have and will need.**

**Example:** *I can set a bedtime alarm at 9:15 in my phone to get ready, I have affirmation cards at home or I can write new ones. I need a coach and a way to track how many recurring dreams I am having. I need to know how energetic I feel each morning.*



**7. Discover how you will know your goal is achieved.** How will you know? Use lots of imagery so you can see it very well.

**Example:** *I will look at my tracking sheet and only see two nights marked with a recurring dream in one month. I will feel energized when I wake up. I will smile and know I can do anything. I will share with my coach that we can make a new goal. I will feel excited to get rest at night. I may even have better work performance or start going to yoga again with my renewed energy.*

**8. Check your consequences.** They could feel good or bad. How does this change affect other people or areas of your life? What might you get out of not changing that is good to be aware of? Who might you want to tell you are changing to?

**Example:** *I may want to do new activities that seem weird to my family or friends. I may feel more capable or brave and believe more in miracles. If I don't change, I have permission to stay up late and watch funny television shows. I have an excuse to be tired and not do my best during the day. I have an excuse to relax at night when I am tired. I may need to give myself permission to relax and to risk doing my best even if I make mistakes. I may want to tell my partner I am going to go to bed at a certain time from now on so I can work on this goal.*

**You can now write your complete goal.**

**Example:** *I will have no more than 2 recurring dreams by May 1<sup>st</sup>. I have the following resources to use: \_\_\_\_\_ . I will need to get these resources: \_\_\_\_\_ . I am aware I can work through these consequences: \_\_\_\_\_ . I am excited for these consequences: \_\_\_\_\_ . If I want to, I may let these people know I will be making this change: \_\_\_\_\_ .*

