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GOAL SETTING

Goal setting is vital in the recovery of anxiety disorders and should be considered very carefully. Your goals should be specific, clear and precise and most importantly obtainable.

Set a goal on a Sunday evening ready for the week ahead with 6 steps:

- 1. Pick ONE Goal:** This is important! You can only achieve your goals if you focus on them one at a time. (Once your first goal has been accomplished, you can start on the next one.)
- 2. Write down your goal in black and white.** Make it official. Display it somewhere you can see and read it regularly.
- 3. You Have To Want It:** If you don't really want to do something, you won't succeed. Pick goals you really want to achieve and that will help you get where you want to be.
- 4. Be Firm and positive:** To achieve your goal you have to be firm with yourself. You have to work to accomplish your goal. Be positive that you are taking steps forward.
- 5. Persist. Don't give up.** Be patient with yourself but also persistent. Small steps lead to great journeys. If you don't succeed at first, don't give up, give it another go.
- 6. Test your anxiety.** Your goal has to be something that tests your anxiety, otherwise it isn't really advancing on your road to recovery. It has to be something that makes your heart beat just that bit faster. By using calm breathing exercises you can reduce your heart rate and ease the anxious feelings.

REMEMBER! The harder you stick at your goal, practicing your controlled breathing as you are doing it, the easier it will get. DON'T give up, You CAN do this.

You can use this space to write your goal: