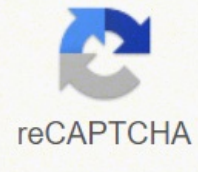


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**My Core Beliefs**

List three strong beliefs about you:

One of the hardest times you've ever had:

Describe in only a few words what you're afraid of:

I'm happiest when:

**Worry Diary**

Psychologists think that there are two types of worry:  
 1. **Real event worries** are about actual problems that are affecting you right now. "My toddler is reaching for something dangerous," "I can't afford to pay this bill."  
 2. **Hypothetical worries** are about things that do not currently exist, but which might happen in the future. "What if my husband crashes the car when he's drunk?"

Situation	Worry signs & signals	Worry	Anxiety	Real event
Who were you with? What were you doing? Where were you? What did it happen?	How do you know you are worrying? Are you acting in a certain way? What feelings do you experience in your body?	Summarize what you were worrying about. Can you change the worry? (e.g. work, finances, relationships)	Rate anxiety intensity 0-100%	Was the affective or somatic in the

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**REALIZING YOUR DREAMS SELF-CARE PLAN**

What do I want to honor my loved ones? During the holiday.

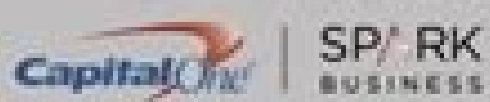
What I will do if others treat me differently?

What I will do to enjoy the holiday.

Helpful thoughts I can tell myself when I am sad.

Who I will share my feelings with when I'm sad.

# SMART Goal Setting



Use this worksheet to set business goals. Take notes and focus on how your business goals relate to each point in the SMART guidelines. Create new goals often to help your business grow.

<https://spark.business.com/articles/step-by-step-guide-creating-action-plan-achieve-goals/>

**S SPECIFIC**  
 Can you easily state your goal?  
 Set a goal that has a definite point of success. Agreeing to sell as a partner with another business or gain 100 new clients is more actionable than saying you want to make more money.

**M MEASURABLE**  
 How will you know when you've reached your goal?  
 It's important to track progress when you're attempting to reach a goal. If you can't measure your goal, it can be difficult to tell if you've achieved it or not.

**A ATTAINABLE**  
 Can your goal be accomplished?  
 Be realistic about your goals. Don't set yourself up for failure by being greedy or unrealistic. Regularly setting and achieving goals benefits your business and boosts morale.

**R RELEVANT**  
 Is your goal going to help your business grow?  
 Your business goals should be in line with the mission of your business and of interest to your customers. As your business and products change, your goals should reflect those changes.

**T TIMELY**  
 When will you complete this goal by?  
 Give yourself enough time to achieve your goals, but don't set your deadline so far in advance that you lose motivation. Be realistic when deciding how much time it will take to gain 50 customers, for example.

**SITUATION.** Describe an event that caused you some sort of distress:

**FEELINGS.** What did you feel when this event occurred?

Select category.

Select intensity level.

anger  
sadness  
anxiety  
confusion  
happiness

Mild  
Moderate  
Strong

**Why did you feel this way?**  
What were you thinking about the event?  
Be as detailed as possible.

**Look at your previous response.**  
What if what you wrote were true?  
Why does it matter?

How much do you believe the above self-talk?

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%



Cbt self-care worksheets.

Behavioral Activation worksheet The Cognitive Behavioral Model worksheet Cognitive Distortions worksheet Challenging Negative Thoughts worksheet What is CBT? video Core Beliefs worksheet CBT Practice Exercises worksheet The CBT Model: Psychoeducation worksheet Cognitive Restructuring: Thoughts on Trial worksheet CBT for Kids: Thoughts, Feelings, & Actions worksheet To access forms, worksheets, and handouts, look for the relevant Treatments That Work or Programs That Work title below. Filling out the form within a web browser will not save your responses. Downloadable PDFs will have a PDF icon next to them. 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