

mySTEPS: my GOAL SHEET TO DEAL WITH STRESS

My longer term goal, to meet in 3 or 4 months, is:

Example: I would like to feel more calm.

My shorter term goal, for the next 2-3 weeks, will help me reach my longer term goal. I will:

Example: Practice progressive muscle relaxation.



mySTEPS for the next 7 days, that could help me to reach my goals, will be:	My reasons for why <u>I want to deal with stress better</u> are:	My barriers to overcome to do this behavior are:	What I can do to overcome my barriers to reaching my goals
<i>Example:</i> Doing muscle relaxation	<i>Example:</i> If I felt more calm, then my muscles could ache less.	<i>Example:</i> Make time for muscle relaxation	<i>Example:</i> I will remind myself that I choose to take care of myself as much as I take care of others. OR I will make an appointment with myself to practice relaxation.
1. When?	1.	1.	1.
2. Where?	2.	2.	2.
3. How long?	3.	3.	3.
4. How often?	4. 5.		

mySTEPS: my GOAL SHEET TO DEAL WITH STRESS

My longer term goal, to meet in 3 or 4 months, is:

Example: I would like to be more calm.

My shorter term goal, for the next 2-3 weeks, to help me reach the longer term goal, is:

Example: Practice progressive muscle relaxation.



<p>I can summarize mySTEPS and plans from above (in the first column). Example: Practice progressive muscle relaxation, in the evenings, in my favorite chair, for at least 10 minutes each time, for 5 of 7 nights.</p>	<p>I will remember all the reasons that I chose mySTEPS and plan.</p>	<p>As I face barriers to my plan, I can stop, take a few deep breaths. I can note what is going on...I can notice what is going on in my mind, body, and my life. I can try to learn something from what I experience.</p>	<p>I will remember what I can do to deal with the barriers I face.</p>
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mySTEPS: my GOAL SHEET TO TAKE CARE OF MY HEART HEALTH
by improving my eating OR my activity



My longer term goal, to meet in about 3 to 4 months, is:

Example: I will eat better **OR** be more fit.

My shorter term goal, for the next 2-3 weeks, to help me reach my longer term goal, is:

Example: I will eat more fruits & veggies **OR** walk more.

mySTEPS for the next 7 days, that could help me to reach my goals, will be:	My reasons for <u>taking care of my heart health</u> are:	My barriers to overcome to do this behavior are:	What I can do to overcome my barriers to reaching my goals
<i>Example:</i> Eat more pears	<i>Example:</i> My family has a lot of heart disease	<i>Example:</i> Not having good fruit around	<i>Example:</i> I will choose to nourish myself with recommended foods
1. When?	1.	1.	1.
2. Where?	2.	2.	2.
3. How long? How often?	3.	3.	3.
4. So, in next week, if I were to have taken steps forward, I would see that I had....:	4. 5.		

mySTEPS: my GOAL SHEET for Heart Health: Eating well or Being Active

My longer term goal, to meet in about 3 - 4 months, is:

My shorter term goal, for the next 2-3 weeks, to help me reach the longer term goal, is:



<p>I can summarize mySTEPS and plans from above (in the first column). Example: I can eat more pears, with lunch, at work, 5 days a week.</p>	<p>I will remember all the reasons that I chose mySTEPS and plan.</p>	<p>As I face barriers to my plan, I can stop, take a few deep breaths. I can note what is going on...I can notice what is going on in my mind, body, and my life. I can try to learn something from what I experience.</p>	<p>I will remember what I can do to deal with the barriers I face.</p>
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