Identify Your Problems

We want to feel better and function more effectively in our day-to-day life. In order to make that happen we need to identify the problems and stressors we are facing and set goals that will allow us to overcome these difficulties.

What is the biggest source of stress or concern in your life right now? Are you having difficulties with your work performance? Your self-esteem? Your relationships? Your finances?

If you find it difficult to identify your problems, try answering the following questions:

1. How does a normal day look like for you? Do you struggle to get out of bed? Are you getting the enough quality sleep? Do you get to school or work on time? Do you get to finish your to-do list? Do you struggle with procrastination? Are you eating well enough? Do you exercise regularly? Do you make time for activities that you enjoy?

2. What about your mental health? Do you often experience difficult emotions (anger, sadness, anxiety, frustration, etc.)? Do you often feel numb and detached? Do you tend to overthink and obsess over situations? Do you engage in addictions to cope with painful feelings (overeating, overworking, gambling, compulsive spending, drugs, alcohol, etc.)?

3. Think about your relationships. Are you experiencing conflict in your relationships? Do you often feel inadequate in social situation? Do you tend to avoid or escape social situations? Do you often find yourself lashing out at others or always on the defensive? Do you struggle with people-pleasing behaviors? Do you have trouble saying no or facing conflict? Do you struggle to assert your needs? Do you often feel invisible or taken advantage of?

4. How do you view yourself? Do you like what you see when you look in the mirror? Do you tend to doubt yourself? Do you often feel incompetent or inadequate? Are you critical of yourself especially when you make mistakes? Do you often second-guess yourself?

5. Think about your finances. Are they a source of concern? Do you struggle to make ends meet? Do you live within a budget? Are you often late on paying bills?

Look through your notes and create a problem list:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Visit **Ineffable Living shop** for more worksheets click here, or go to: https://payhip.com/ineffableliving

Identify Your Goals

Now that you've identified the problems in your life, you can set goals that will solve these problems and get you your desired outcome.

These goals need to be broken down into small, manageable action steps so you have a clear idea of what you need to do next.

For example, if social anxiety is a problem that you identified, your overall goal might be to "reduce social anxiety."

Although this is an attainable goal, there is nothing that will mark your progress or help you figure out where to start.

A more defined and measurable goal might be "accept invitations to event," or, "go to the gym," or, "speak up in meetings."

Example:

Goal: Reduce social anxiety

What can you do specifically to achieve this goal (gradual steps):

1. Go for a walk alone

2. Start going to the gym

3. Initiate conversations with coworkers

4. Ask a question in a large meeting

5. Go to a party sober and get to know people

How will you keep track of your progress?

Every time I challenge myself, I'll a coin in a jar and make sure it continues to fill up.

Your Turn

Goal:_____

What can you do specifically to achieve this goal (gradual steps):

_____

_____

_____

_____

_____

How will you keep track of your progress?

_____

_____

Goal:_____

What can you do specifically to achieve this goal (gradual steps):

_____

_____

_____

_____

_____

How will you keep track of your progress?

_____

_____

Motivate Yourself

The best way to motivate yourself is to consider the advantages of the change and the costs of maintaining the status quo. Rate each item on your list on a scale from 0 to 5 (0 being not important and 5 being very important) then compare scores.

Problem:_____

	Advantages	Rate	Disadvantages	Rate
Making the change				
Score				
Not making the change				
Score				

Visit **Ineffable Living shop** for more worksheets click here, or go to: https://payhip.com/ineffableliving

How do the advantages and disadvantages compare? Does it make sense to work on solving the problem?

Visit **Ineffable Living shop** for more worksheets click here, or go to: https://payhip.com/ineffableliving