



Taking a Step Toward What Matters to Me

Using this sheet may be helpful to you in taking meaningful steps toward what matters to you.

- Start by envisioning what matters to you and what you want your life to look like six months from now.
- Was there a time in your life when you worked toward something that was important to you? What helped you make progress? What got in the way?
- Who are the people in your life that will support you in making and taking positive steps and/or overcoming barriers and challenges?
- Many people find it helpful to identify concrete steps to help make progress toward what is important to them.

SMALL STEPS IN THE RIGHT
DIRECTION CAN TURN OUT TO BE
THE BIGGEST STEP OF YOUR LIFE.

– ANONYMOUS

My Steps

A step I am already taking toward becoming more satisfied with what's important and matters to me is:

A new small step I can take toward what matters to me:
(Consider keeping this small. If you are feeling stuck, see examples on the back page.)

When will I do it?

Where will I do it?

How will I remind myself to do it?

Who can help me make progress toward this step?

What might get in the way of being able to take this step?

What am I good at, or what strengths do I have that will help me make progress?



Examples

Ava wants to obtain a job with better benefits and a higher wage so that she can have more stability with her income and feel more secure providing for her kids. She recognizes that she needs to engage in more moderate use of alcohol in the evenings so that she isn't hung over or groggy in the mornings.

- A step I am already taking toward becoming more satisfied with what's important and matters to me is:
Cutting back on my alcohol consumption.
- A new small step I can take toward what matters to me:
Switch to a lower alcohol beer, limit myself to 3-cans each night and alternate with sparkling water.
- When will I do it?
I plan to start tomorrow night, after I purchase lower alcohol beer.
- Where will I do it?
At home, after the kids are in bed.
- How will I remind myself to do it?
I will only put 3 cans of low alcohol beer in the refrigerator.
- Who can help me make progress toward this step?
My Mom can remind me why this is important. I will tell my friends so they don't keep offering me more alcohol.
- What might get in the way of being able to take this step?
My friends offering me more drinks. Having a stressful day and wanting to relax with a few beers.
- What am I good at, or what strengths do I have that will help me make progress?
I am determined and I don't give up when things get hard.

Nate wants to use new coping strategies to manage his anxiety instead of turning to alcohol. He wants to be a role model to his children and have strategies that he can use anytime, anywhere and teach them to his children.

- A step I am already taking toward becoming more satisfied with what's important and matters to me is:
Learning new ways to cope with my anxiety.
- A new small step I can take toward what matters to me:
I will practice my deep breathing when I notice I am becoming anxious.
- When will I do it?
I will practice each morning, even if I am not feeling anxious. That way, I'll be ready to use it when I need it. Practicing will help me remember to use the strategy.
- Where will I do it?
In my bedroom in the morning to get ready for the day, and then whenever I need to if I am becoming anxious.
- How will I remind myself to do it?
I will put a post-it note on my bedside table and on the bathroom mirror.
- Who can help me make progress toward this step?
My partner can help remind me to practice and can practice with me. I will ask the kids to practice with me, too. My Mom can ask me how it's going.
- What might get in the way of being able to take this step?
If I am in a hurry in the morning, I might not have time to practice. If I start getting anxious quickly, I might forget to try my new breathing.
- What am I good at, or, what strengths do I have that will help me make progress?
I am courageous and I like to challenge myself to learn new things.