

## Strategy #5: My Stress-Management Goal

<p><b>My Goal is</b></p>	<p><b>My Goal is</b> to attend four yoga classes this week</p>
<p><b>My Target Date is</b></p>	<p><b>My Target Date is</b> one week from today</p>
<p><b>To reach my goal, I will do these three things:</b></p> <p>1.</p> <p>2.</p> <p>3.</p>	<p><b>To reach my goal, I will do these three things:</b></p> <ol style="list-style-type: none"> <li>1. pack a healthy lunch and snacks so I have the energy to go after work</li> <li>2. bring my mat and clothes to work on the days I have class</li> <li>3. say no to other invitations on those nights</li> </ol>
<p><b>What might get in the way of achieving my goal?</b></p>	<p><b>What might get in the way of achieving my goal?</b></p> <ul style="list-style-type: none"> <li>• spending too much time on Internet/TV at night and not packing clothes/mat for work</li> <li>• not packing a healthy lunch or snacks (It will make me want to go home after work and eat instead of going to yoga.)</li> </ul>
<p><b>Two things that will help me achieve my goal:</b></p> <p>1.</p> <p>2.</p>	<p><b>Two things that will help me achieve my goal:</b></p> <ol style="list-style-type: none"> <li>1. I will batch-cook some healthy food on Sunday so it's easier to make healthy lunches/meals/snacks during the week. Healthy food = energy for yoga = good sleep and more energy.</li> <li>2. I will commit to packing healthy meals every night before bed. This may mean less Internet/TV/social media.</li> </ol>
<p><b>I will know I've reached my goal when:</b></p>	<p><b>I will know I've reached my goal when:</b> I've attended four classes.</p>