

## Support Group suggestion for explaining and using The Mind Goal Management Worksheet.

It takes both sides of the worksheet, but gives a starting point for teaching how to use the sheets.

- WHAT? I now see 1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_ as a completed result.

Think of two things you accomplished this day, and write them in as numbers 1 and 2 in the “What” section.

Think of two things you had thought about doing this day but did not accomplish, and write them in as numbers 3 and 4 in the “What” section.

Now turn the sheet over, and proceeded as if you had entered those 4 items the previous evening. Check off successful, unsuccessful, return to plans or cancel and proceed with the new day’s goals.

It works well.