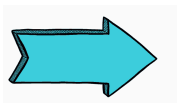
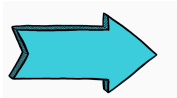
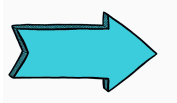


MINDBRIDGE

Week 1: SMART Goals and Acknowledging Personal Strengths

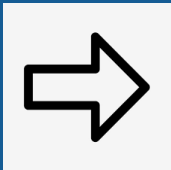
Exercise #1 Creating our own Problems List:

- List three major problems regarding ANY topic related to your mental health below
- Examples Include: Social Anxiety, Impulsivity, Patterns of Aggressive or Hostile behavior, Excessive Worry about Various Aspects of Life.



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List ONE S.M.A.R.T Goal:

Specific:	Measurable:
Achievable:	Realistic:
Time - Bound: 	

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Personal Strengths

Personal Skills I See in Myself	Personal Skills Other People See in Me

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Two strengths I want to develop are...

_____ and _____



Wisdom	Empathy	Enthusiasm	Bravery
Kindness	Artistic	Love	Social Awareness
Cooperation	Honesty	Curiosity	Forgiveness
Open Mindedness	Common Sense	Leadership	Fairness
Modesty	Persistence	Self-Control	Patience
Gratitude	Love of Learning	Humor	Spirituality
Ambition	Creativity	Confidence	Intelligence
Athletic	Discipline	Independence	Flexibility
Assertiveness	Logic	Adventurous	Generous