

# Super Amazing Monthly Mental Health Goal-Setting Information & Worksheet

While 'Big Life Goals' are typically achieved when people set smaller goals, and we would love for you to learn that you can also set goals to help you achieve a more positive state of mental health!

This is called Mental Health Goal-Setting and it's the purpose of this worksheet. This can be used for youth on their own time, or as part of a lesson in Career Education or Health and Physical Education.

## BC Curriculum Guidelines:

### Career Education

- ◇ Review and identify the steps required to help achieve short-term and long-term goals (Grade 4/5)
- ◇ Set realistic short- and longer-term learning goals, define a path, and monitor progress (Grade 6/7)
- ◇ Set and achieve realistic learning goals with perseverance and resilience (Grade 8/9)
- ◇ Under Goal Setting Strategies it is indicated to practice using S.M.A.R.T. goals (Specific, Measurable, Attainable, Realistic, and Timely)

*After Grade 9, Career Education becomes Career-Life Education and Career-Life Connections. Mental health is an integral part of anyone's life and setting these types of goals is still important.*

### Physical and Health Education

- ◇ Describe and assess strategies for promoting mental well-being (Grade 4)
- ◇ Describe and assess strategies for promoting mental well-being for self and others (Grade 5/6/7/8)
- ◇ Analyze strategies for promoting mental well-being, for self and others (Grade 9)

*After Grade 9, Physical and Health Education becomes an elective. However, this worksheet can still be used in other classrooms.*

**(Printable Worksheet Below)**

## Super Amazing Monthly Mental Health Goal-Setting Worksheet

### Before we get started, here are a few tips to help you set your 'Super Amazing Mental Health Goals':

1. Set mental health goals that motivate and inspire you! You won't work to achieve a goal that isn't important to you, so figure out WHY you want to achieve a particular mental health goal, and keep that in mind as you complete the worksheet on the following page.
2. Set **SMART** goals:
  - a. **Specific:** Be as specific as you can with your goal
  - b. **Measurable:** Make sure you are able to measure your progress and celebrate each step you make towards achieving your goal.
  - c. **Attainable:** Set a goal that you can actually achieve. Your goal may be "I want to learn how to manage my anxiety better by learning three new strategies."
  - d. **Relevant:** Set goals that help you move your life in the direction that you want it to go. Make sure the goals you're setting are focused on your purpose and not scattered all over the place.
  - e. **Timely:** Set a realistic timeline for you to work on achieving your goal(s). Daily, weekly and monthly goals are often helpful in actually achieving your goals!
2. State each goal as a positive statement by keeping it optimistic and encouraging.
3. Write your goals down and come up with an Action Plan - our worksheet on the following page is a useful tool to help you set your goal(s) and will help you create a plan for success.

### Here are a Few Examples of Strong Mental Health Goals:

- *I will learn and implement three new strategies to help me manage my early signs of anxiety by the end of the month.*
- *I will create a self-care bedtime routine by the end of the month to help me calm down at the end of the day and sleep better – giving me more energy for daily living.*

- *I will connect with five friends per week to help me feel more connected with people outside my family.*

**Now, let's set some goals!**

Time to find out what you're doing now, and where you may need some help with respect to strengthening your mental health. Think about your mental health and the strategies you use to maintain your mental wellness, and answer the questions below.

What are you doing well when it comes to taking care of your mental health?

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- 
- 
- 

What areas of your mental health would you like improve on?

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- 
- 
- 

**TIME TO WRITE DOWN YOUR SUPER AMAZING MONTHLY MENTAL HEALTH GOAL:**  
(refer to the above tips to help you!!)

My "Big Picture" Mental Health Goal for \_\_\_\_\_  
(insert month)

*In one month, I will:* \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Write down two tasks or things that you can do each week to help you achieve your Amazing Monthly Mental Health Goal

Week 1:

- 
- 

Week 2:

- 
- 

Week 3:

- 
- 

Week 4:

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## **CELEBRATE!!**

With every goal you achieve, you MUST celebrate. **Why?** Because every achievement deserves celebration!

On the lines below, write down how you will celebrate when you achieve your MENTAL HEALTH GOAL for the month!

**When I accomplish my monthly goal, I will celebrate by:**

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