



Dr. K's Guide to Mental Health

ADHD Module | Common Pitfalls in Goal Setting | Worksheet

Work through the 3 common pitfalls to goal setting:

Compensatory Goal

Is there an element of “compensation” in your goal? Are you trying to make up for something? What are you making up for – what is the emotion?

How would you feel about yourself once you succeeded at your goal?
What is the emotional change you’re looking for?

How would you feel about yourself if you underperformed at your goal? What kinds of thoughts would you have if you were in the middle of underperforming, or progressing more slowly towards that goal? What would those thoughts do to your motivation?





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Fantasy Based Goals

Is there a "fantasy" component that you are chasing in your goal?
What wishes or desires does this stem from?

What emotions play out when you fantasize about achieving this goal? Where does this desire come from? Is there a negative emotion you are avoiding? How does having a fantasy goal impact your motivation?

How can I translate this abstract "fantasy" goal into a practical goal?
Practically, how can you break down this goal into a reasonable timeline?
What is achievable in 1 year? 6 months? 3 months? 2 weeks? tomorrow?





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Moving Goal Posts

In what ways do I move my own goal posts?

What happens when I move the goal post?

Where does this desire to move the goal post come from?

How can I notice when this emotion pops up and come to terms with it?

How can I help myself focus on consistency and follow through rather than giving into my desires to move the goal post?



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