

# GOALS

View today

Filter

Take a course

Wednesday, 8 OCT



Sed do eiusmod. Dolor sit amet dolor...

Has therapeutic value for:

Social Anxiety

ACCOMPLISHED!

Evaluation

Finish my book

Tuesday, 1 OCT

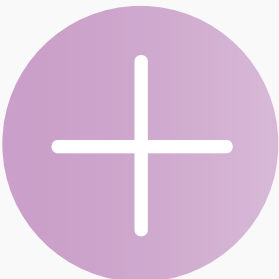


Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod...

Has therapeutic value for:

ADD

My biggest  
accomplishments



Suggestions



Profile



Journal



Goals



Stats

# GOALS

[View all](#)

TUESDAY, 1 OCT

## Finish my book

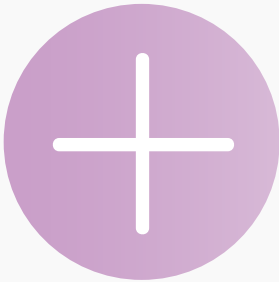


Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod...

Has therapeutic value for:

ADD

My biggest  
accomplishments



Suggestions



Profile



Journal



Goals



Stats

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Has therapeutic value for:

Social Anxiety

ACCOMPLISHED!

Evaluation

Finish my book

Tuesday, 1 OCT



Lorem ipsum dolor sit amet, consecte-

Delete

Edit

Accomplish goal

Cancel

Cancel

CREATE A GOAL

Add

Title

Therapy

Add a note (opinional)

Date



Which of your mental struggles can this goal have a positive effect on?

Anger Management

Social Anxiety

General Anxiety

ADD

# GOALS

View today

Filter

Take a course

Wednesday, 8 OCT



Sed do eiusmod. Dolor sit amet dolor...

Has therapeutic value for:

Social Anxiety

ACCOMPLISHED!

Evaluation

Show all

Show without date

Show accomplished

Hide accomplished

Cancel

Cancel

CREATE A GOAL

Add

Title

Add a note (opinional)

Date

Which of your mental struggles can this goal have a positive effect on?

- Anger Management
- Social Anxiety
- General Anxiety
- ADD

Cancel

EDIT YOUR GOAL

Save

Title

Finish my book

Add a note (opinional)

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Aenean commodo ligula eget

Date



Mon 4 Nov	12	56
Tue 5 Nov	13	57
Wed 6 Nov	14	58
Thu 7 Nov	15	59
Today	16	00
Sat 9 Nov	17	01
Sun 10 Nov	18	02
Mon 11 Nov	19	03
Tue 12 Nov	20	04

Which of your mental struggles can this goal have a positive effect on?

Anger Management

Social Anxiety

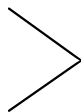
General Anxiety

ADD

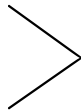


SELECT YOUR STRUGGLE

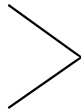
Anger Management



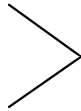
ADD



Social Anxiety



General Anxiety

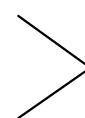




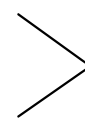


## SELECT A STRUGGLE

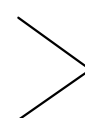
Depression



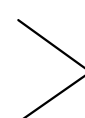
General Anxiety



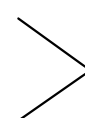
Social Anxiety



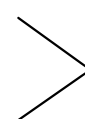
Bipolar Disorder



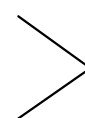
OCD



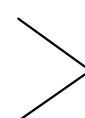
Eating Disorder



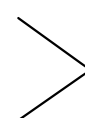
Schizophrenia



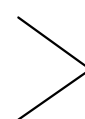
Sexual Abuse



Verbal Abuse



Addiction





ADD

Effectiveness

Finish my book

80%



First therapy session

85%



Try new medication

55%



Exercise

70%



Cancel

EVALUATE YOUR GOAL

Save

Rate how your selected mental struggles had an effect on your goal



Add a note

I did struggle quite a bit with concentrating, so my ADD definitely had an effect on this goal. How ever, I did manage to finish it so I'm proud that I accomplished that.

Rate your overall experience with this goal.  
How do you feel after this accomplishment?





## SOCIAL ANXIETY

### Therapy

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Aenean commodo ligula eget dolor. Aenean massa. Cum sociis natoque penatibus et magnis.

Add goal

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### Medication

Aenean commodo ligula eget dolor. Aenean massa. Cum sociis natoque penatibus et magnis.

Add goal

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### Find a hobby

Cum sociis natoque penatibus et magnis. Aenean commodo ligula eget dolor. Aenean commodo ligula eget dolor.

Add goal