

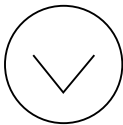
Goals

View today

Filter

Finish my book

Tuesday, 1 OCT



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

Has therapeutic value for:

ADD

Take a course on assertiveness

Tuesday, 1 OCT



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

Has therapeutic value for:

Social Anxiety

ACCOMPLISHED!

Evaluation

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 tempor incididunt.

Has therapeutic value for:

ADD

My biggest
accomplishments



Suggestions



Profile



Journal



Goals



Stats

Goals

View today

Filter

Finish my book

Tuesday, 1 OCT



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Has therapeutic value for:

ADD

Take a course on assertiveness

Tuesday, 1 OCT



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

Has therapeutic value for:

Delete

Edit

Accomplish goal

Cancel

Cancel

Create a goal

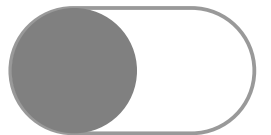
Add

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

Finish my book

Tuesday, 1 OCT



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Has therapeutic value for:

ADD

Take a course on assertiveness

Tuesday, 1 OCT



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

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

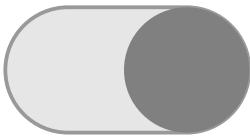
Title

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 accomplish-
ment?





Social Anxiety

Therapy

Add goal

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

Medication

Add goal

Lorem ipsum dolor sit amet, consectetur adipiscing elit.

Find a hobby

Add goal

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

Step out of your comfort zone

Add goal

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