

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

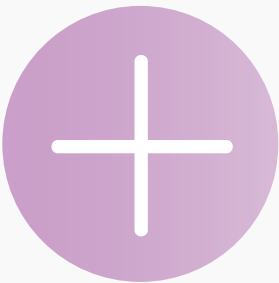
Tuesday, 1 OCT

Lorem ipsum dolor sit amet, consecte-
tur adipisicing 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

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, 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 affect you from accomplishing this goal

Anger Management

Social Anxiety

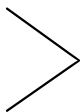
General Anxiety

ADD

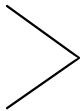


SELECT YOUR STRUGGLE

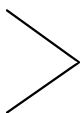
Anger Management



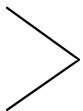
ADD



Social Anxiety



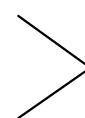
General Anxiety



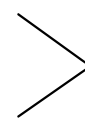


SELECT A STRUGGLE

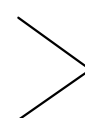
Depression



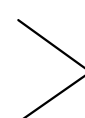
General Anxiety



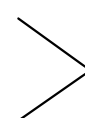
Social Anxiety



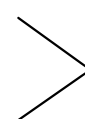
Bipolar Disorder



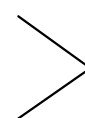
OCD



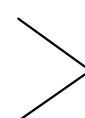
Eating Disorder



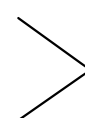
Schizophrenia



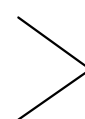
Sexual Abuse



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 much your selected mental struggle(s) 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

Medication

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

Add goal

Find a hobby

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

Add goal