

# 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

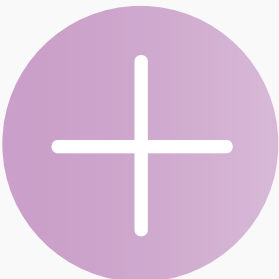


Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod...

Has therapeutic value for:

ADD

My biggest  
accomplishments



Suggestions



Profile



Journal



Goals



Stats

# GOALS

[View all](#)

TUESDAY, 1 OCT

## Finish my book

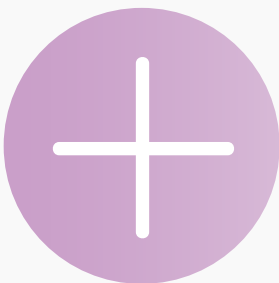


Lorem ipsum dolor sit amet, consectetur adipisicing elit, sed do eiusmod...

Has therapeutic value for:

ADD

My biggest  
accomplishments



Suggestions



Profile



Journal



Goals



Stats

# 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:

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



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.

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

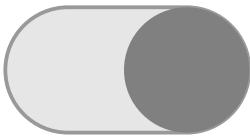
Title

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

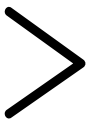
General Anxiety

ADD

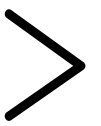


# Select your struggle

Anger Management



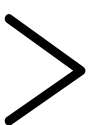
ADD



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

60%

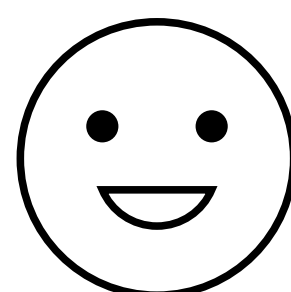


ADD

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

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Add goal

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

## Medication

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Add goal

Lorem ipsum dolor sit amet, consectetur adipiscing elit.

## Find a hobby

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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.