

# MENTAL HEALTH *goals*

## MINDSET GOALS

- focus on progress instead of perfection
- gain a healthy relationship with food
- remember that things often turn out well
- recognize that my worth isn't tied to my work

## BEHAVIOR GOALS

- exercise instead of sulking
- have meditation be my go-to when I'm anxious
- improve my social skills

## OTHER GOALS

- be able to drive without anxiety
- overcome the lack of motivation from depression
- make phone calls without getting sweaty palms
- get off x medication

# Mental Health Journal Entry

**Chris Lloyd**



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