Well formed outcome

 Write down a major "behavioral" goal that you want within the next six months. Something you want to change about yourself.

- Be specific. What will it look like to have the goal? How will you feel once you have it?

I have this habit of not being able to say no. I ultimately end up taking on too many projects or obligations and I easily get overwhelmed. I think I'll feel better not only about myself mentally because it would result in a less stressful environment, but I'd have more control in my life and daily routine.

2. What will this goal do for you? (what is the reason for wanting it?)

Having an overall better mental state and being able to challenge myself but being able to choose what I'm challenging myself with. Rather than taking on everything.

3. How will you know when you have it?

If I'm able to relax or concentrate for more than 5 minutes at a time and not be worried about everything going on or that needs to happen.

4. What stops you from having this already?

It's just a problem I've had since I was a child, I want to be helpful and get things done. I had never "drawn a line" to say alright this is enough I can't take on anymore and it's something I still struggle with now in college.

5. What resources do you already have that will help you obtain your outcome?

I have a "supportive unit" of family and friends that I've expressed this issue that I have. They'll check in with me and make sure I'm making time for myself. I also started writing everything down that I need to get done like homework or events and such.

6. What's the first step?

I need to really think about what's important and write it on my list stated before of things I need to get done. Limit myself to what's important or necessary so that way I can give 100% to what's important and not end up doing poorly because my focus and effort is spread too thin.

Life Coaching Assignment Lesson 1

Michael Hoelscher

Life Coaching Assignment Lesson 1:

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