

# Tips on Setting Goals

## Goals should be specific

Specific goals are clear and detailed.

“Not being afraid” is not specific enough to be a goal. **Think about the things that currently make you anxious.** If you are afraid of being judged by others, your goal could be “not being afraid of what other people think about me”.

## Your goals should be measurable

Measurable goals are concrete enough for you to know once you've achieved them. **Think about some things that you want to do, but can't right now because of fear.** If you are not able to join drama club because you are afraid others might judge you, but you really want to join, your goal could be “Join drama club”.

## Your goals should be achievable

Achievable goals are something you can realistically do. **If your goal is too easy** you would achieve it too quickly, which will not help you in the future. **Goals that are too hard** might take too long to achieve, and you could lose motivation along the way. Some goals are impossible for anyone. If your goal is to “never feel afraid again”, that would not be **realistic**.