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## INSPIRED ACTIONS

Inspired actions are the second ingredient of hope. You can practice inspired actions by creating purposeful goals. You can use:

- 1 Stretch Goals
- 2 Achievement or Positive Goals
- 3 SMART Goals

Purposeful goals help you keep a hopeful mindset by giving you something to look forward to and encouraging you to work towards your future.

### Remember:

- Set Stretch Goals (big goals that are challenging, but not impossible, to reach) and then set smaller goals to help you get there.
- Your goals should always be Achievement or Positive Goals: Goals that are aimed at accomplishing an outcome rather than avoiding an outcome (Avoidance or Negative Goals).
- Your goals should primarily be SMART: Specific, Measurable, Attainable, Relevant, and Time-bound
- If your goal seems too big, chunk it down into smaller goals (also known as a stepping process).
- Obstacles are a part of life. Embrace the obstacle and learn to pivot, reevaluate, and ask for help.

