

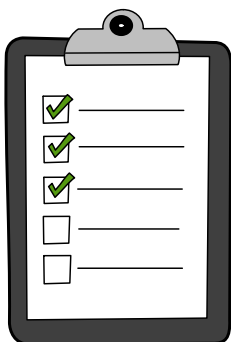
BEHAVIORAL ACTIVATION

The things you do affect how you feel and your thoughts about yourself and other people. Here are some tips on setting goals to do things that are important to you.

IDENTIFY THINGS THAT ARE IMPORTANT TO YOU



PRO TIP: Identify your values, the broad things that are important to you, like working hard at school or taking care of your health. Using these values to pick specific activities helps you live in line with the things that are important to you.



SET GOALS FOR THE THINGS THAT MATTER MOST

PRO TIP: These goals should be specific and reasonable! Identify how much time, when, and what you'll be doing to make it easier to accomplish your goals when you don't feel motivated to work on those tasks.

ACCOMPLISH THE GOALS YOU SET USING AN ASSIST



PRO TIP: Checking in with someone (parents, friends, therapists) about the goals and activities you have set for yourself or doing these activities with someone else, makes them easier to accomplish!