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Intro to Mindfulness Program: Week#3
Homework Assignment: Taking Aim

Please Note: There is an audio track that accompanies this worksheet.

1. What were you able to identify during the audio exercise as things that the “future you” had accomplished that the “current you” hasn’t managed yet? List some of the biggest accomplishments here:

2. Now that you have a sense of the goals you have for yourself, take a moment to consider the path between the “you” that you are today and the “you” in the future. What lies in between? Think about the many possible paths that could bridge that gap. For example, if the future you has lost weight, imagine all the possible ways you might have gotten there - changing diet, increasing exercise, etc. Spend a few minutes in silence considering these various paths. Try to stay with your physical experience as you imagine each one. You are trying to get a sense of what steps feel “right” to you, and which ones don’t really feel realistic for you right now.

3. Now it’s time to identify one “next step” you can start working on. Keep yourself in the present moment as much as possible - in other words, please don’t worry too much about the future steps you would need to take. It’s just about identifying one next step you can take in the right direction.

4. Take a look at the “next step” you wrote down. It’s time to turn that into a concrete, actionable goal. This means it needs to be specific, trackable, and achievable. An example of a quality goal would be “I need to eat one serving of vegetables every day”. It’s simple, succinct and concrete, which is just what you’re aiming for. Just writing something like “I want to eat better” is too general. You need to be clear and specific. How can you turn the “next step” into a quality goal? Write it here:

5. How will you track your progress on this goal? You may want to use some type of online tracking application, like <http://www.lift.do>, or you could use plain old paper and pencil. It doesn’t matter the format, as long as you have a system for tracking that you will use reliably. This piece is really really important, so make sure you find something that works for you.

8. Now, take a moment to think about anything that might get in the way of your taking this next step. Have you set a goal like this before? If so, what did you learn that you can use to set yourself up for success today? For example, I had a client once tell me they wanted to start an exercise routine. In session, they got all excited and motivated, but when the alarm went off in the morning, the thought of getting their gym bag together was too daunting when compared with the possibility of staying in their warm cozy bed. Determined to not let that happen again, they set a plan up to pack their gym bag the night before, so they never had that excuse again. So take a moment to predict one or two possible roadblocks that might come up for you as you try to take your next step.

9. Finally, brainstorm a few ways you can set up your environment like the client I mentioned above to support your efforts to manage the potential roadblocks you identified:

Now, the rest of your homework is to go make it happen! ☺ Next week, we'll take a look at what you learned and how to build on it.

Remember: It's essential to hold yourself in a place of self-compassion and curiosity as you do this work. Remember: you can't fail as long as you try. Just note what happens and treat yourself with kindness every step of the way.