

Form 10.3 - Taking STEPS Toward your Goals

Set the stage. What is your goal? What do you want to accomplish?

Core Value:

Goal:

Take the leap. Plan *Exposure* activities to work towards your goal, step-by-step.

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Expect setbacks. What do you anticipate will get in the way of accomplishing your goal?

Plan Alternative Actions. If an impulsive urge arises, what can you do instead?

See the results! What did you learn from working towards your goal? What would you do differently?