

# Goals Example

## GOAL 1

Improve self-confidence and self-love

## ACTION STEPS

1. Write a list of qualities I love about myself and put the list somewhere I see every day
2. Unfollow people who don't make me feel good on social media

## GOAL 2

Find more support

## ACTION STEPS

1. Reach out to someone I trust and open up about my sexual assault and
2. Join online support groups or communities for survivors.

## GOAL 3

Get more comfortable with dating

## ACTION STEPS

1. Ask my friends if they know anyone they could set me up with
2. Make a list of qualities I'm looking for in a partner and qualities I bring to a relationship