



**5 THINGS I TELL
(LITERALLY)
EVERY CLIENT TO DO**

Seaside Counseling Center | Rachel Cohen, LCSW

Hey there you, amazing person, you.

I'm so happy you're here. It gets me hyped to think you're taking steps to better your life right now. Because that is hard. And you're rocking it.

Go, freaking, you.

I see you've picked ***5 Things I Tell (Literally) Every Client To Do.***

Great choice! Let's get this started.

Keep in mind that this pocket guide book is not a replacement for professional services

Where Ya Going? Let's Figure That Out.

I find it really hard to get anything done if I don't know where I am trying to go. Goals are my lifeline. Daily, weekly, yearly, and big bucket list once in a life kinda goals.

I find that most of my clients aren't content with where their life is right now, but when they come to me they haven't quite figured out what is "wrong". They may say "I hate my job", "I'm so stressed", "I just wish my life was different somehow", or "I'm so over it I can't even clean my room".

The first thing I ask a client is **WHAT ARE YOUR GOALS?**

So that is where I want you to start. Grab a comfy seat and process what your goals are. Write them down. What do you want to get out of the next few weeks? What do you want to look different in your life? How do you want to feel? What isn't working right now? What are some of your big bucket list goals? But also, what are your goals for like Sunday night? If you had a magic wand and all of sudden could make life exactly what you've wished it would be, what would it look like?

Write all of this down.

Hone in and Narrow It Down

If you are like me you may have just written down 100 goals (or thoughts or random things you don't want to forget to do) or maybe you are more like my bestie and you wrote down 3. Either way... I can tell I like your style already.

Maybe you're a dreamer or a realist. No matter your personality it is really easy to get overwhelmed with future plans and goals we set for ourselves. We can see the bright, shiny, beautiful picture of our desired future, but the path to get there is nowhere to be found.

So what the actual fuck? Where is MY yellow brick road?

We've discussed that we need goals and that goals can be overwhelming. You've written down your goals. Now take a look back at your list and categorize your goals. Maybe some of them are related? Or in order to achieve this goal, that goal needs to come first?

Check out my favorite categories and feel free to add in your own. Write down the associated category next to each goal.

- Money/\$\$\$\$\$/Financial
- Physical/Body/Nutrition/Exercise
- Romantic Relationships/Friendships/Family
- Travel/Lifestyle
- Career/Business/Boss Lady/Man/Folk
- Organization/Cleaning
- Big Bucket List Once-In-A-Lifetime
- Mental/Emotional Health

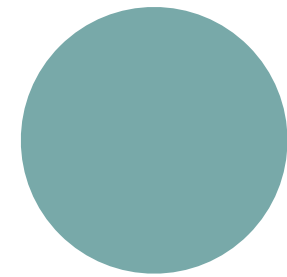
And if you can't seem to figure out what category a goal should go into, throw it in the general slots:

- This Week
- This Month
- This Year
- This Lifetime

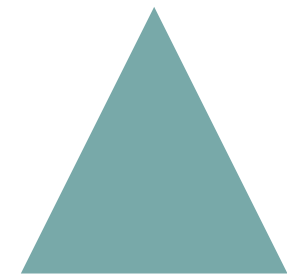
Timing Is Everything Darlin'

What are your timelines for each of these goals? Identify and write down when you want to achieve these goals.

My timing tracking system is as follows:



LIKE NOW. I want to start working on this today. I am ready to go.



LIKE SOON. I want to start working on this within the next year, but not quite start today.



LIKE THIS CAN WAIT. I want to achieve this eventually, but it isn't my biggest priority at the moment.



LIKE OMG HELP ME. This is one that is going to be a little complicated. It might require several steps and take a long time to complete. This one likely needs to be broken down into several smaller goals to achieve this big boy.

You Do You

This is the most abstract step in my eyes. I could tell you to pick your top 3 goals and focus on those. Maybe that is what you need to do. Or maybe there is just one. Or maybe there are 50.

The most important aspect to keep in mind during this step is don't overwhelm yourself with too much. We want the most reasonable, REALISTIC approach here.

Pick the goals that are sticking out to you.

Now, come up with a reasonable and realistic game plan to get there.

******It is completely normal to struggle with this stage. This is the biggest part of the "no yellow brick road to follow" and is often a stage that takes a bit longer to complete.***

THAT IS A-OKAY.***

If you are struggling check out my examples:

Goal 1: I Want To Have a Cleaner & More Organized House. CIRCLE. Category: Organization/Cleaning.

Steps:

- Create List of Chores.
- Assign Who Does What Each Day/Week/Month
- Go Through Clothes and Donate What I Don't Need.
- Pick Up Baskets for Organizations Bins
- Organize One Room per Week

Goal 2: Take a Trip to South Africa. STAR. Category: Travel/Lifestyle

Steps:

- Start Saving. Set Aside \$100 Every Week Into TRAVEL Bank Account. Put Money in on Friday at 10:00 AM. Set Alarm.
- Research What I Want To Do in South Africa
- Make Spreadsheet With Estimated Costs (Activities, Flight, Accommodations, Food, Extra).
- Organize PTO Days.

Goal 3: Have Less Stress in my Life. CIRCLE. Category: Mental/Emotional Health

Steps:

- Identify Top 5 Stressors in my Life
- Figure Out Ways To Eliminate or Reduce Said Stressors
- Practice Using Meditation Every Morning for Five Minutes After Shower, Set Alarm
- Have Self-Care Day Once a Week on Wednesday (Take Bath, Do Face Mask, Watch Netflix, Read)
- Find a Therapist and Set Up First Appointment To Discuss How to Better Reduce Stress.

No One's Perfect

I mentioned that it is completely normal to struggle with the previous step. If you are continuing to struggle with that stage, I suggest talking to a friend, partner, parent, sibling, (or therapist) about it. Share with them the goals you are stuck on and see what they can come up with. Not only will they likely have great insight (because they know you almost as well as you know yourself!), but going through the process of verbalizing each goal will bring life to it and tends to naturally help us brainstorm new ideas as we talk about it.

After You've Created Your Game Plan, You Will Identify Your Barriers.

What are things that you do regularly that are limiting your progress in your goals? Do you waste time? Do you have overwhelming anxiety? Do you have constant negative self talk?

Some categories of barriers that I have come across include:

- **Consistency**
- **Setting Realistic Goals**
- **Getting Overwhelmed**
- **Negative Mindset**
- **Dilly Dally-Er**
- **Lack of Time in Schedule for New Goals**
- **Fear of Change**

After identifying your limitations and barriers, brainstorm how you can work around these limitations? What can I do to make sure these don't happen? If they do happen, what can I do to get myself back on track?

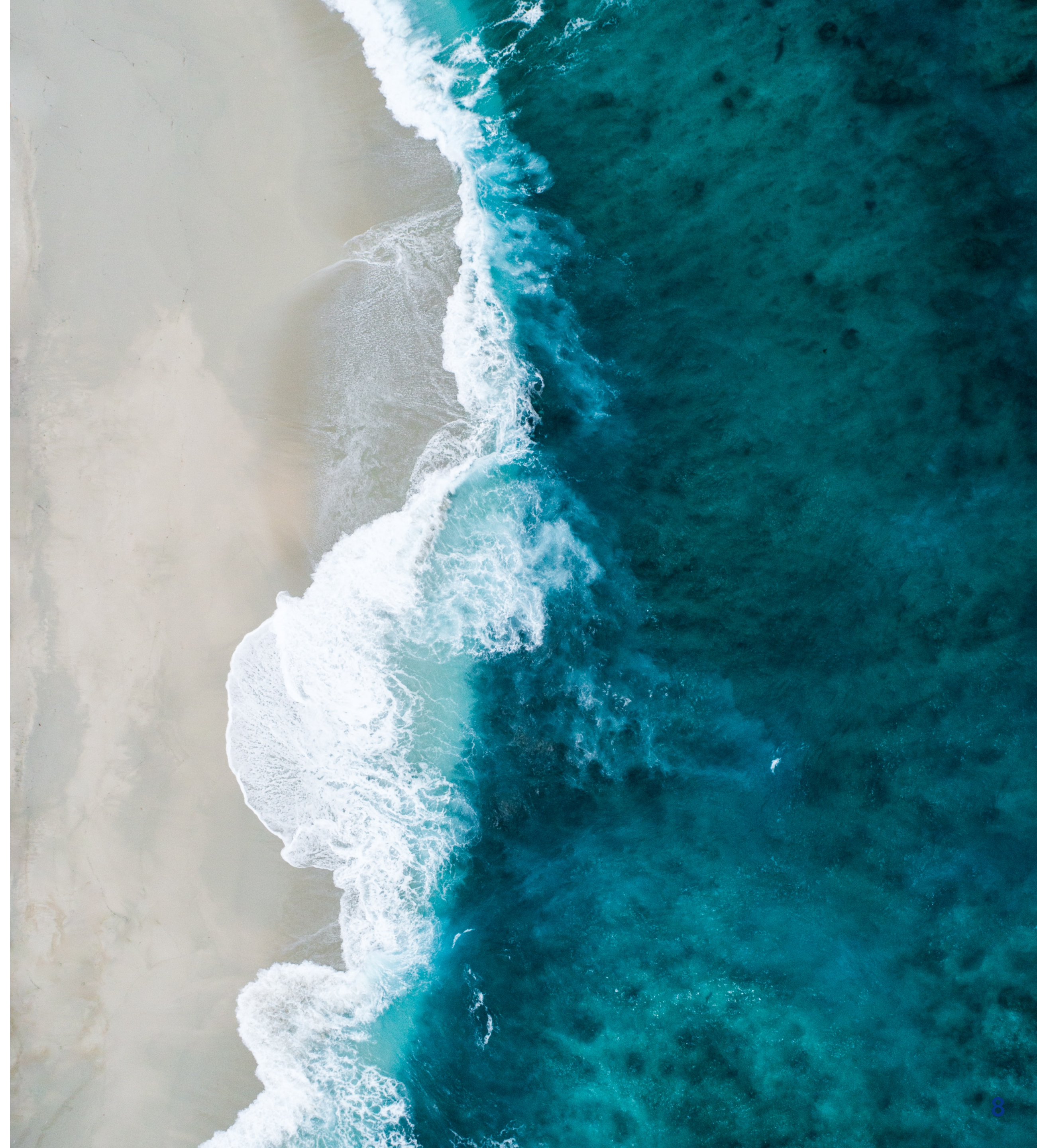
If it feels like there are way too many barriers to even start this step, once again consider getting a friend or therapist to help talk through it!

So often we are in times of change and transition, especially as 20 somethings. We are always looking towards what we need to do better. What we need to do next. What isn't working. We are so focused on these things, that we don't recognize how far we have come. There is **POWER** in telling ourselves we are proud of the work we have put in. That we are **AWESOME** and **FUN** and **LOVED**. That we **DESERVE** all of the good we have and more.

Now that you've reminded yourself you are a boss ass bitch, dope lady/man/folk, freaking fantastic son of a gun...

Remember it takes time to see change. We, like seriously especially me, are so quick to move on from things that aren't giving us gratification and success instantaneously. Did you not order that shirt that one time because the shipping was going to take too long? Yeah, **ME TOO**. We want things **NOW**, but it takes time and habitual change to see a real difference. So give this a chance to work and remember it won't go perfectly and that is okay.

Send me an email and let me know how this went. I want to hear about your goals, so talk to you soon, my friend.



Seaside Counseling Center

(904) 357-0575

seasidecounselingcenter.com

rachel@seasidecounselingcenter.com