

Amy

# Action Plan

My goal is overcome depression

Date to finish	06/01/23
How will I measure my success?	Amy will reevaluate self every 2 wks.

Steps to Achieving my Goal

Description	Time Estimate	Completion date
enroll in counseling <sup>one to one</sup>	1WK	03/30/23
enroll in a women's dg	1WK	03/20/23
enroll in a women's ministry	1WK	03/15/23
Daily Devotional	ASAP	Now

Obstacles that may arise	How I will respond
transportation	will contact member of group for ride
Depression episode	will call sister in church for fellowship

Helpful Tools	Helpful Resources
Bible	The Way Counseling dept
Prayer	Attend church once a week
Fasting	Attend a fellowship group <sup>once a week</sup>

# SMART Goals

S Specific	<p>What am I going to do? Why is this important to me? Amy suffers from depression, important to her to overcome depression to be successful for her and her children</p>
M Measurable	<p>How will I measure my success? How will I know when I have achieved my goal? Amy will reevaluate self every two weeks. once she has noticed a change</p>
A Attainable	<p>What will I do to achieve this goal? How will I accomplish this goal? Amy is willing to enroll and complete all courses available to her.</p>
R Relevant	<p>Is this goal worthwhile? How will achieving it help me? Does this goal fit my values? The goal will not only show Amy that she can achieve her purpose but she can accomplish as long as she puts her mind and heart into it.</p>
T Time-Bound	<p>When will I accomplish my goal? How long will I give myself? Amy will give herself 3 months to work on overcome depression</p>

Low to high

Amy's lowest point was a 10 when she would not get out of bed for a few days and suffered from crying spells.

Her highest point is a 10 when she attended a women's fellowship at her church and she was filled with joy and confidence

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