

BECOMING OKAY-ISH

Struggling to meet goals? Struggling to know why you're not living the life you want? Not understanding what's getting in your way?

Becoming Okay-ish is a 60 minute once weekly 8 week group course designed to help identify and reach goals.

The 8 week outline includes:

Week 1: **What is really going on with me?** This module focuses on identifying the problem both internally and externally.

Week 2: **Why did I get Stuck?** This module focuses on thought and behavior patterns that have gotten us stuck and are continuing to get in our way.

Week 3: **Now that I Know What's Going on, What Am I Going to Do About It?** This module focuses on identifying goals.

Week 4: **F*** Fears.** This module focuses on how our fears most often stop us and how to manage those fears.

Week 5: **Are We Living the Life We Want Yet?** This module looks at rewards, consequences, and motivation.

Week 6: **This is Tough. How do I Keep Moving?** This module focuses all about maintaining habits.

Week 7: **How do I Maintain When Life Gets in the Way?** This module focuses on things that can mess us up and negative triggers.

Week 8: **Living Your Best Life.** This module is focused all on looking on strengths, moving forward, and reflection.

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