



Set goals in mental health

## Description

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### Setting Goals For Mental Health

Setting goals for mental health is an important part of maintaining a healthy lifestyle. Goals can help us stay focused and motivated, and they can also help us to stay on track with our mental health. From a Christian perspective, setting goals in mental health can be a way to honor God and show our commitment to Him.

The Bible is full of examples of how God has set goals for us. In Proverbs 16:3, it says, “Commit to the Lord whatever you do, and he will establish your plans.” This verse shows us that God wants us to set goals and commit to them. He will help us to achieve them if we are faithful and obedient.

In addition to setting goals, it is also important to have a plan for how to achieve them. This plan should include steps that will help us to stay on track and to stay motivated. It should also include ways to measure our progress and celebrate our successes.

Another important part of setting goals in mental health is to have a support system. This could include family, friends, or a mental health professional. Having a support system can help us to stay on track and to stay motivated. It can also

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provide us with encouragement and accountability.

Finally, it is important to remember that setting goals for mental health is a process. It is not something that can be done overnight. It takes time and effort to set and achieve goals, and it is important to be patient and stay focused.

**Salvation Prayers** : Dear Lord Jesus, I come to you today acknowledging my need for salvation. I confess that I have sinned and fallen short of your glory. But I believe that you died for my sins and rose again. I ask that you come into my heart and be my Lord. I commit to following you and living for you every day. Thank you for your love and for the gift of eternal life. In your name I pray, Amen. **Amen** [If you prayed the above prayers kindly click here to get more information](https://www.xgospel.net/harvest_form/form/?page=0&salvation=true)  
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### Quiz

1. What does Proverbs 16:3 say about setting goals?

- A. Set goals and God will help you achieve them
- B. Set goals and God will punish you
- C. Set goals and God will ignore you
- D. Set goals and God will judge you

2. What is an important part of setting goals in mental health?

- A. Having a plan
- B. Having a support system
- C. Celebrating successes
- D. All of the above

3. What is not a part of setting goals in mental health?

- A. Having a plan
- B. Having a support system
- C. Taking shortcuts

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## D. Celebrating successes

4. What is important to remember when setting goals in mental health?

- A. It can be done overnight
- B. It takes time and effort
- C. It is easy
- D. It is not necessary

5. What is the best way to stay motivated when setting goals in mental health?

- A. Taking shortcuts
- B. Having a plan
- C. Having a support system
- D. Ignoring the goals

**Rededication Prayers** : Dear Lord Jesus, I come to you today with a heart of repentance. I confess that I have strayed from your path and have not been living according to your will. But I am here to rededicate myself to you and to make a commitment to follow you with all my heart. I ask for your forgiveness and for the strength and guidance to walk in your ways. I thank you for your love, grace, and mercy. I give you my all, my heart, my mind, my soul, and my strength, I trust in you and I pray this in Jesus' name, Amen. [Amen](#)

[If you prayed the above prayers kindly click here to get more information](#)

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