

# My SMART Goals

Name:

Date:

**Specific**

Is the goal focused, not vague?

**Measurable**

How will I know that I've met my goal?

**Achievable**

Can I break down the goal into smaller tasks?

**Relevant**

Is this a personally worthwhile goal?

**Time-Bound**

Can the goal be met by the end of group?

**List 3 goals that you would like to achieve by the end of this treatment:**

*(Examples: By the end of treatment, "I would like to have fewer crying spells per week"... "I would like to be able to go out for a walk 3x per week"... "I would like to engage in activities that I use to enjoy like swimming and reading")*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_