

Smart Goals

- **S**pecific
 - Should include What, where, how, and why
 - Buy a Car, KSL,
 - What do you need to do in order to buy a Car? create a budget, Get a Job? How much will you want to spend?
- **M**easurable
 - Written in a way that can clearly be evaluated.
 - Dates, \$, pounds, inches...ect.
 - Ex. By Next months appt. I will have done A, B, and C
- **A**ttainable
 - Is it something you realistically can accomplish? (Example: Train to run a marathon in 1 week when you have never run more than a mile is not really attainable).
 - Budget to see what is attainable, ongoing expense of registration and insurance
 - Ex. \$5000 Used Car (several you looked up online; insurance quotes are high because you have been uninsured while incarcerated so Liability will cost \$200/mo; Gas \$200/mo; Car Payment? or Pay all at once)
- **R**elevant/Realistic
 - Relevant
 - Is this something I want to do? How will this benefit me? Why do I want this goal?
 - Ex: Having my own car will give me independence and help me be successful.
 - Ex. Could you use a \$85 bus pass pd. for by Voc. Rehab. until you can afford a car? How much time do you save with a car? What is that worth?
 - Realistic
 - Even though a goal is attainable, is it realistic for me to accomplish
 - Ex: Buy a Used Car for \$5,000. What additional monthly costs? Can you afford that with everything else?
- **T**ime-based
 - Dates/times/deadlines
 - January 1st, by 9 pm tomorrow, June 1st.
 - This is the timeframe in which you evaluate your progress and measurements.
 - Ex. I will have a saving account set up by our next appt. to start saving for car.