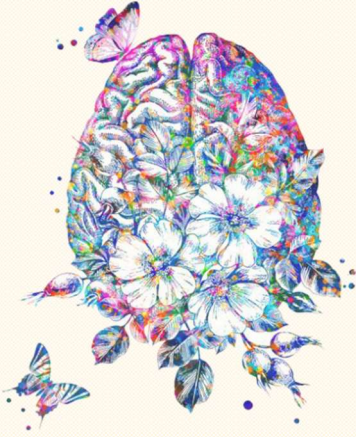


# SMART GOALS



**SMART goals are a way to set clear and reachable goals that help you achieve what you want. SMART stands for Specific, Measurable, Attainable, Relevant, and Timely.**

**Specific:** A specific goal is clear and exact. It tells you exactly what you want to do.

**Measurable:** A measurable goal lets you track your progress. It has numbers or amounts so you can see how well you're doing.

**Attainable:** An attainable goal is realistic and possible for you to achieve. It's challenging but not out of reach.

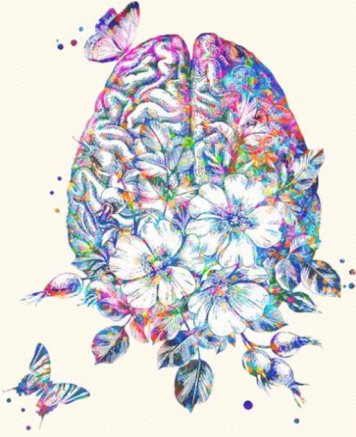
**Relevant:** A relevant goal matters to you and fits with your other plans. It makes sense for your life and your future.

**Timely:** A timely goal has a deadline. It tells you when you want to achieve it.

## TEMPLATE (WITH EXAMPLES)

	Specific	Measurable	Attainable	Relevant	Timely
Goal 1	I want to get better sleep by going to bed at the same time every night.	Track my sleep quality with a journal daily, get on a nighttime routine	Achievable with consistent effort	Improves my overall health	8-12 therapy sessions
Goal 2	I want to reduce my worry by practicing mindfulness daily.	Self-report reduced anxiety	Achievable with daily practice	Reduces anxiety and stress	8-12 therapy sessions
Goal 3	I want to be happier by identifying positive aspects of my day.	Self-report increased happiness	Achievable with daily effort	Improves mood	8-12 therapy sessions
Goal 4	I want to work out by going to the gym three times a week.	Track gym attendance	Achievable with planning	Improves physical and mental health	8-12 therapy sessions
Goal 6	I want to reduce thoughts of my trauma by talking to my therapist weekly.	Self-report reduced distress, PCL-5	Achievable with therapy	Improves mental well-being	8-12 therapy sessions

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## SMART GOALS:

	Specific	Measurable	Attainable	Relevant	Timely
Goal 1					
Goal 2					
Goal 3					
Goal 4					
Goal 6					

Amber Moreland, Ph.D.

[www.IPCtesting.org](http://www.IPCtesting.org)



## WEEK GOALS: TRACKING SHEET

GOAL	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Goal Notes
1)								
2)								
3)								
4)								
5)								
6)								
7)								
Notes								