

CLIENT NAME:

DATE:

S	Specific	<ul style="list-style-type: none">• What do I want to achieve?• Why do I want to achieve it? (What makes this change something I can't accept the way it currently is?)• Who is involved?	
M	Measurable	<ul style="list-style-type: none">• How will I measure my progress?<ul style="list-style-type: none">○ Frequency (days per/week)○ Duration (amount of time committed daily)○ Time of day○ Set appts on calendar• How will I be accountable? And to whom?	
A	Achievable	<ul style="list-style-type: none">• How will I know if my goal is achieved?• How will I make it clear when the goal is complete? (reward/announce/picture)	
R	Relevant	<ul style="list-style-type: none">• Why is the goal personally important?• Am I emotionally invested in this goal? If so, how?• How is this goal related to improving my personal wellness or success in other areas?	
T	Time-Bound	<ul style="list-style-type: none">• How long should it take to accomplish this goal?• Is it reasonable to complete the goal in the time allotted? Why?• When will I check in on whether I'm on target to meet the goal in the timeline set and with whom?• Am I ready to start work on the goal? Rank: 1-10• What is my start date?	List of actionable behaviors to get started: