CLIENT NAME: **DATE:**

S	Specific	• 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	• How will I measure my progress? 　○ 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	• How will I know if my goal is achieved? • How will you make it clear when the goal is complete? (reward/announce) • Is it reasonable to complete the goal in the time allotted? Why?	
R	Relevant	• 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? • Why is the goal personally important?	
T	Time-Bound	• How long should it take to accomplish this goal? • When (end, throughout??) will I check in on whether or not the goal has been completed and with who? • Am I ready to start work on the goal? • What is my start date?	