



### SMART Goals & Game Plans

<b>Specific</b>	<ul style="list-style-type: none"> <li>○ Explain the goal in detail – who, what, where, why</li> <li>○ Could someone else understand your goal?</li> </ul>
<b>Measurable</b>	<ul style="list-style-type: none"> <li>○ Make sure you quantify the goal</li> <li>○ Are you able to track your progress towards goal?</li> <li>○ How will you know if you achieve the goal?</li> </ul>
<b>Attainable</b>	<ul style="list-style-type: none"> <li>○ Make sure the goal is achievable – not too easy, but not out of reach</li> <li>○ Can you realistically obtain goal?</li> <li>○ Do you have the necessary resources?</li> </ul>
<b>Relevant</b>	<ul style="list-style-type: none"> <li>○ Make sure your goal is applicable to the present concern</li> <li>○ Does this goal align with your long-term goals?</li> </ul>
<b>Time-bound</b>	<ul style="list-style-type: none"> <li>○ Create a timeline/deadline for yourself</li> <li>○ How long are you allowing yourself to achieve the goal?</li> </ul>

Goal #1

Part A: Motivate & Anticipate

Possible Benefits if Goal is Achieved	Possible Costs if Goal is Not Achieved	Anticipated Barriers, Challenges & Obstacles	Potential Solutions, Support & Resources

Part B: Steps & Timelines

Tasks	Due Date



### SMART Goals & Game Plans

<b>Specific</b>	<ul style="list-style-type: none"> <li>○ Explain the goal in detail – who, what, where, why</li> <li>○ Could someone else understand your goal?</li> </ul>
<b>Measurable</b>	<ul style="list-style-type: none"> <li>○ Make sure you quantify the goal</li> <li>○ Are you able to track your progress towards goal?</li> <li>○ How will you know if you achieve the goal?</li> </ul>
<b>Attainable</b>	<ul style="list-style-type: none"> <li>○ Make sure the goal is achievable – not too easy, but not out of reach</li> <li>○ Can you realistically obtain goal?</li> <li>○ Do you have the necessary resources?</li> </ul>
<b>Relevant</b>	<ul style="list-style-type: none"> <li>○ Make sure your goal is applicable to the present concern</li> <li>○ Does this goal align with your long-term goals?</li> </ul>
<b>Time-bound</b>	<ul style="list-style-type: none"> <li>○ Create a timeline/deadline for yourself</li> <li>○ How long are you allowing yourself to achieve the goal?</li> </ul>

Goal #2

Part A: Motivate & Anticipate

Possible Benefits if Goal is Achieved	Possible Costs if Goal is Not Achieved	Anticipated Barriers, Challenges & Obstacles	Possible Solutions, Support & Resources

Part B: Steps & Timelines

Tasks	Due Date