

SMART GOALS

July, 2021

Setting a SMART Goal	
Specific: What will you do? Where will you do it? With whom will you do it?	
Measureable: How much (size or volume)? How many (number)? How often (frequency)? How long (duration)?	
Attainable: Are you able to do it? Do the necessary skills or resources?	
Realistic: Is the goal important to you? Does it fit with your schedule right now? How easy will this be to maintain?	
Timely: When do you want to accomplish this? Do you have a deadline?	

Other tips for accomplishing this goal:

1. Hang this goal up where you can see it regularly so you can remind yourself what you're working towards.
2. Tell others about it. Ask them to help you stay accountable and support you.
3. Ask your doctor or BHC for advice or tips on reaching this goal.
4. Try this goal out for two weeks. At the end of two weeks, see if it's a goal that will work for you. If not, consider revising your goal accordingly.
5. Once you have accomplished this goal, set another SMART goal right away.
6. Remember to pace yourself. Change will not happen all at once, but will slowly build up over time. Be patient and persistent.

Primary Care Behavioral Health