

SMART Goals

Specific: Write out your goal and include both what you want to accomplish and the steps you need to take to achieve it.

Example: I plan to get better control of my anxiety by (1) making an appointment with a therapist who understands anxiety and how to manage panic attacks; (2) getting into a better sleep pattern and (3) using healthier ways to deal with my anxiety.

Measurable: Break down your goal into measurable steps, including how you know you will have achieved it (completing something by a certain date, a certain number of times, etc.).

Example: I plan to get better control of my anxiety by (1) searching for a therapist and making an appointment *this week*; (2) going to bed *at 10:30 pm every week night* (3) figure out *1 thing* that really works for me in managing my anxiety.

Achievable: This may be the most important step. Your goal needs to be something realistic; something that you feel you can achieve by a certain timeframe. Here's where it is helpful to know yourself. Do you typically underestimate what you can do? If so, you may want to push yourself a little further than feels comfortable. However, if you tend to overestimate what you can get done or how quickly you can do it, try writing out your goal and then make it slightly less ambitious by giving yourself more time or less frequency; whatever makes sense for your goal. This is a great one to check in about with your therapist or someone you trust as it may take some brainstorming to figure out.

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Example: I plan to get better control of my anxiety by (1) searching for a therapist weekly and *making an appointment by 1/31/16*; (2) going to bed at 10:30 pm *3 out of 7 nights* and (3) figure out *3 things* that really work for me in managing my anxiety.

Results-focused: Focus the measurable piece on the results you want to see.

Example: I plan to get better control of my anxiety by (1) searching for a therapist weekly and making an appointment by 1/31/16; (2) going to bed at 10:30 pm 3 out of 7 nights and (3) figure out 3 things that really work for me in managing my anxiety *so I feel like I can get through each day without feeling so drained or stressed out.*

Time-bound: Think about what time frame you want to allow for each each step in the goal-achiveing process.

Example: I plan to get better control of my anxiety by (1) searching for a therapist weekly and making an appointment by 1/31/16; (2) going to bed at 10:30 pm 3 out of 7 nights *(by 3/1/16)* and (3) figure out 3 things that really work for me in managing my anxiety *(by 5/1/16)* so I feel like I can get through each day without feeling so drained or stressed out *by the end of 6 months.*
