



Goal setting skills can be extremely helpful for everyone. Whether that's setting goals for work, fitness or in therapy. Goals are part of every aspect of life and can provide us with a sense of direction, motivation, a clear focus and clarify importance. By setting goals for yourself you are providing a target to aim for as well. Having a goal can help you redirect your efforts and focus toward accomplishing the goal.

Goals can be either short term or long term. Short terms are usually achievable over a period of days or weeks whereas long term goals tend to be achievable over a period of time over a month, up to a year or longer. Examples of short term goals include: going for two walks over the next week, meeting up with a friend for coffee, calling your sister for a chat, going to bed earlier. Examples of longer term goals may include being more confident at work, improving your fitness levels, increasing your mood, being able to leave the house more.

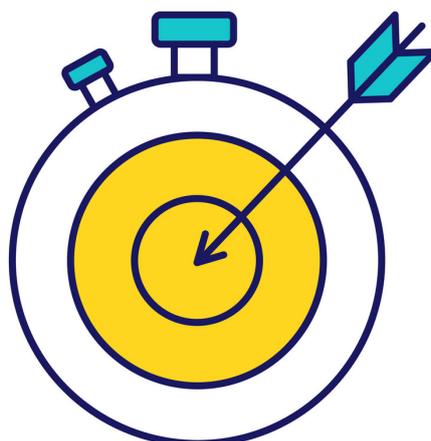
During therapy you will be asked to think of your goal or goals for therapy. Some questions to ask yourself when defining your goal include:

- Why am I working towards this goal?
- What is the focus of the goal?
- What is the importance about this goal?
- How will achieving this goal impact me, my life or others?

One way to help us identify our goal is to create a SMART goal.

SMART is an acronym that stands for Specific, Measurable, Achievable, Realistic/Relevant and Time Bound/Restricted.

On the next sheet you will find a SMART goal template with tips on filling out each section.





# SMART Goals

## **SPECIFIC**

Be precise in what you want to achieve. Consider breaking the goal down into simple stages.

## **MEASURABLE**

How will you know when you have accomplished your goal? What will you be doing at that time? What will others observe you doing? What will be different? What will you have begun to do or be doing routinely? What will you be doing less of or have stopped doing?

## **ACHIEVABLE**

Ensure your goals are not too complex. Don't set yourself up to fail! Think about setting smaller goals on your way to the big one. Celebrate your achievements. If you don't achieve what you set out to, then ask what you could do differently, what would make it more likely to be a success next time?

## **REALISTIC & RELEVANT**

Is this achievable and what resources I have? Are there any other resources you need before you can, or to help you, achieve your goal? How can you access these resources? What issues might you have? What can you do to reduce the likelihood of those issues?

## **TIME BOUND**

Set a reasonable time limit to achieve your goal. 1 week, a month, 6 months, a year, 5 years?  
Consider different (shorter) time limits for simpler steps.