

# SMART(ER) Goals

**Goal Setting:** Goals give clients a focus, a specific direction and a plan of action. Helping clients with the basics of goal setting can make a big difference in their success. Goals should be future-focused and SMARTER.

## What are SMART(ER) Goals?

**Specific:** Is it clear what you want to achieve?

**Measurable:** Can tell when you achieved it?

**Action-oriented:** Are there actions you must take to meet this goal?

**Realistic:** Is this something you can realistically attain?

**Time-bound:** Will you reach this in a specific time in the future? Or is this an ongoing goal?

**Evaluate:** When will you reassess goals as needed to account for life changes?

**Re-Do:** After the evaluation process, iteratively go through the SMARTER process again

## Worksheet

**Pick a goal from Day 1 or Day 2 that is most important to you right now. Make it SMART:**

MY GOAL:

Specific

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Measurable

•

Action-oriented

•

Realistic

•

Time-bound

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**What are the next steps I can take to reach this goal?**