

SMART Goals

S

pecific: Well-defined, clear, and unambiguous

M

asurable: With specific criteria that measure your progress toward the accomplishment of the goal

A

ttractive: Aligned with the client's values and objectives

R

ealistic: Within reach

T

ime-bound: With a clear and defined timeline, including a target date and hour

Structuring an Activity BA Worksheet

Identify a SMART goal. Break down your goal using the SMART process to determine the characteristics of your goal(s). SMART stands for Specific, Measurable, Attractive, Realistic and Time-bound.

SMART Goal: *Go for a walk on Mondays and Wednesdays for 15 minutes at 12 noon in the park near my home.*

Step	When?
1. <i>Set an alarm to remind me to go for a walk</i>	<i>Mondays and Wednesdays at 10am, after breakfast.</i>
2. <i>Schedule a second alarm</i>	<i>Mondays and Wednesdays at 11.30am, to remind me again.</i>
3. <i>Leave clothes laid out the night before</i>	<i>On Sundays and Tuesdays at 8 p.m. I will prepare the clothes to go for a walk (shoes, socks, pants, sweater).</i>
4.	
5.	

Structuring an Activity BA Worksheet

Identify a SMART goal. Refine your goal by using the SMART process to determine the characteristics of your goal(s). SMART stands for Specific, Measurable, Attractive, Realistic and Time-bound.

SMART Goal:

Step	When?
1.	
2.	
3.	
4.	
5.	