

# Goal Setting in Low Intensity CBT

## Setting S.M.A.R.T. Goals: Worksheet A

Setting S.M.A.R.T. Goals		
Write your original goal here:		
		Use this space to write and then refine your goals according to S.M.A.R.T.
<b>S</b> pecific	Now ensure your goal is as specific as possible. Ensure it includes dates, times, resources, etc. that you will need to achieve it.	
	Now you need to ensure the goal is capable of being measured. If not, think about rephrasing so you can measure it.	
	Is your goal achievable, and if short term, is it possible to be achieved in the next couple of weeks? If not, think about breaking it down.	
	It is best to ensure that your goal is relevant to your life now. Will achieving the goal make a difference to you now? If not, try to adapt it so it is.	
	Try to set a time by which you want to achieve your goal. If short term this may be within the next week or two. If not, then go back to 'achievable' again and think about how to adapt it to make it so.	
<b>M</b> easurable		
<b>A</b> chievable		
<b>R</b> elevant		
<b>T</b> ime Specific		