



SHORT-TERM GOAL SETTING



SMART
Family & Friends

Spend some time thinking about something important to you (separate from your relationship with your Loved One) that you would like to achieve in the short term (within the next 3 months). Use the questions below to clarify your goal and to plan your strategies for reaching it.

1. My Goal (Specific, Measurable, Achievable, Realistic, and Timed):

2. The most important reasons why I want to work toward this goal:

3. The steps I will need to take to reach this goal:

4. Some things that could interfere with reaching this goal (e.g., personal discomfort, resistance from others):

5. Possible solutions for things that could interfere:

6. How important is it to me that I reach this goal? (On the line below, mark **how important** this goal is to you)

Not important

Very important

0 1 2 3 4 5 6 7 8 9 10

7. How confident am I that I can reach this goal? (On the line below, mark **how confident** you feel)

Not confident

Very confident

0 1 2 3 4 5 6 7 8 9 10

