

SMART GOAL

My stress management goal:

The stress management technique I will implement to meet my goal:

Explain, in detail, how this technique is performed. Give examples or steps for clarity.

What resources will I use to support my goal? (people, supplies, apps, etc.)



HEALTH AND WELLNESS



Initial Goal	<i>Write the goal you have in mind.</i>
S Specific	<i>What is the desired result? (who, what, when, why, how)</i>
M Measurable	<i>How can you measure progress? How often will you assess progress?</i>
A Attainable	<i>What skills are needed? What resources are necessary? What is your motivation to do this?</i>
R Realistic/ Relevant	<i>What tells you that your goal is achievable? What are the likely obstacles?</i>
T Time-based	<i>What is the deadline? Is this deadline realistic?</i>
SMART Goal	<i>Review what you have written for your initial goal, and craft a new goal statement based on the above information.</i>