Smart Goal organizer

My stress management goal:

The stress management technique I will implement:

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

What resources will you use to support your goal (like people, supplies, apps, etc.)?

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| **Initial Goal** | *Write the goal you have in mind:* |
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| **S - Specific** | *What is your desired result? (Think about who, what, when, why, how.)* |
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| **M - Measurable** | *How can you measure progress? How often will you assess progress?* |
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| **A - Attainable** | *What skills do you need? What resources are necessary? What is your motivation to do this?* |
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| **R - Realistic/Relevant** | *How do you know your goal is achievable? What are your likely obstacles?* |
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| **T - Time-bound** | *What is your deadline? Is this deadline realistic?* |
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| **SMART Goal** | *Review what you have written. Craft a new goal statement based your work above.* |
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