

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.)?

Initial Goal	<i>Write the goal you have in mind:</i>
S - Specific	<i>What is your desired result? (Think about 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 do you need? What resources are necessary? What is your motivation to do this?</i>
R - Realistic/Relevant	<i>How do you know your goal is achievable? What are your likely obstacles?</i>
T - Time-bound	<i>What is your deadline? Is this deadline realistic?</i>
SMART Goal	<i>Review what you have written. Craft a new goal statement based your work above.</i>