

GOALS MAKE CHANGE HAPPEN



Setting goals is an essential part of personal and professional development. The SMART framework helps create clear and attainable objectives. This handout will guide you in setting effective goals using the SMART criteria.

Specific

Measurable

Achievable

Relevant

Time Bound

Specific

- What exactly do you want to accomplish?
- Why is this goal important?
- Who is involved?
- Where will this goal take place?

Measurable

- How will you know when you have achieved your goal?
- What criteria will you use to track progress?

Achievable

- Is the goal realistic and attainable?
- Do you have the resources and capabilities to achieve it?
- What steps will you take to reach it?

Relevant

- Does this goal align with your broader objectives and values?
- Why is this goal important to you?
- Is this the right time to pursue this goal?

Time-bound

- When do you want to achieve this goal?
- What is your deadline?
- What can you do today, this week, or this month to reach your goal?

Putting It All Together: An Example SMART Goal

Goal: I want to improve my physical fitness.

Specific: I will go to the gym for strength training.

Measurable: I will exercise for 45 minutes, three times a week.

Achievable: I will start with light weights and gradually increase them.

Relevant: Improving my fitness will help me feel healthier and more energetic.

Time-bound: I will achieve this goal over the next three months.

Tips for Success

- **Write Down Your Goals:** Clearly write your goals to keep them top of mind.
- **Break Down Goals:** Divide larger goals into smaller, manageable tasks.
- **Track Your Progress:** Regularly check in on your progress and adjust as needed.
- **Stay Positive:** Celebrate small successes along the way.
- **Seek Support:** Share your goals with friends, family, or a mentor who can support and encourage you.
- **Remember:** Setting SMART goals can make achieving your aspirations more attainable and rewarding. Start small, stay focused, and keep moving forward!



Riverside Psychology Services

Feel free to chat with us about how you might create your goals!

