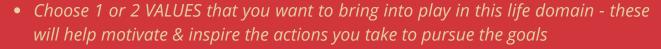
## S.M.A.R.T. GOALS

# THE 'ACT' WAY OF SETTING ACHIEVABLE GOALS









#### M = MOTIVATED BY VALUES

Double check that this goal is aligned with the values you chose above.

Remember the difference between VALUES & GOALS. VALUES are here & now - how you want to live now. GOALS are in the future, something you would like to achieve. For example: VALUE = being loving vs. GOAL = getting married



### R = REALISTIC

Check that you have the necessary resources to make it happen

Some of the necessary resources might include: money, time, knowledge, social support, skill set, physical well-being, etc. If an essential resource is missing, you might need to create a new goal to fill in missing resource before moving to this goal.



#### S = SPECIFIC

#### Be super focused & specific

Avoid setting vague or poorly defined goals like: "I will be a more loving parent". Instead, be specific: "I will give each child a warm, loving hug when I return home from work". What specific psychological or physical actions will you take?



#### A = ADAPTIVE

#### Make sure it is a wise choice

Is this a wise goal for you to pursue? If you achieve this goal, will it improve your quality of life in some way? Will you feel it was worth the effort after accomplishing this goal?



#### T = TIME-FRAMED

Specify a time frame to accomplish your goal

As accurately as possible, set a day, date, and time as a deadline - that you will take the proposed actions. This obviously has to be a realistic time-frame for it to work.

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