



# SETTING YOUR GOALS

Take a moment to reflect on any goals you may have. Perhaps you want to decrease worry and feel more confidence at school or work? Or maybe you'd like to overcome anxiety to be able to try out new activities or meet new people? No matter the size or importance of your goal, writing it out using the 'SMART' method can help you in setting your intentions for the work you're about to undertake on your mental wellbeing journey.



|          |   |  |
|----------|---|--|
| <b>S</b> | <b><u>SPECIFIC</u></b><br>WHAT DO I WANT TO ACCOMPLISH ?              |  |
| <b>M</b> | <b><u>MEASURABLE</u></b><br>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED ? |  |
| <b>A</b> | <b><u>ACHIEVABLE</u></b><br>HOW CAN THE GOAL BE ACCOMPLISHED ?        |  |
| <b>R</b> | <b><u>RELEVANT</u></b><br>DOES THIS GOAL SEEM WORTH WHILE TO ME ?     |  |
| <b>T</b> | <b><u>TIME BOUND</u></b><br>WHEN CAN I ACCOMPLISH THIS GOAL ?         |  |