

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# SMART GOALS

**S**

**Specific**

What exactly do you want to achieve?

**M**

**Measurable**

How will you know you are making progress?

**A**

**Attainable**

Is this goal realistic for you right now?

**R**

**Relevant**

Why is this goal important for your recovery?

**T**

**Time-Bound**

When do you want to reach this goal?