

Name : _____ Date : _____

The SMART Recovery Goal Map

The SMART framework ensures that your goals are realistic and trackable.
Use this template for one primary goal you want to achieve this month.

Criteria	Definition	Your Response
Specific	What exactly do you want to accomplish?	
Measurable	How will you know you've succeeded? (e.g., days, meetings)	
Achievable	Is this within your power right now?	
Relevant	Why does this goal matter to your sobriety?	
Time-Bound	What is your target end date?	