S.M.A.R.T. Goals

What is something that you really want to do:

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S (specific)

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M (measurable)

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A (acheivable)

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R (realistic)

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T (timely)

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Purpose of this Exercise:

When individuals learn to set goals that are practical, there will be better chances for their success. In fact, only when a goal is SMART, will one be able to achieve it. The reason is that the individual has taken the time to consider the 'how's', 'why's', 'what's', 'when's', and 'where's' of a particular goal.

Without spending time in thinking through one's goal, a person could well become easily frustrated when they feel as though they are never accomplishing anything. There hope, at this point, is gone.

So take time to help your group hone in on S.M.A.R.T. goals, and watch them continue to grow in their recovery

Directions for use

1. Allow each group member to 'dream' about something he/she would like to do, but limit it to only ONE goal. The reason for this is that working on more than one could easily cause confusion, and wear out the individual even before they begin. When they focus on ONE, and work through it successfully, they are learning the principles more adequately, and can then apply them more easily to other goals.

2. As you work on each section of S.M.A.R.T. help your group understand the individual components by giving them examples they can relate to. Here are some:

S (specific): A vague goal is "I want to do better'; a SPECIFIC goal is 'I want to do better by taking a walk"

M (measurable): A good goad is "I want to do better by taking a walk": a MEASURABLE goal would be "I want to do better by taking a walk for 10 minutes"

A (attainable): A good goal is 'be "I want to do better by taking a walk for 10 minutes"; an ATTAINABLE goal is "I want to do better by taking a walk for 10 minutes and I know that I will need to have a friend go with me to help me along"

R (realistic): A good goal is "I want to do better by taking a walk for 10 minutes and I know that I will need to have a friend go with me to help me along"; a REALISTIC goal would be "I want to do better by taking a walk for 10 minutes and I know that I will need to have a friend go with me to help me along and I will just walk in the parking lot on level ground"

T (timely): A good goal is "I want to do better by taking a walk for 10 minutes and I know that I will need to have a friend go with me to help me along and I will just walk in the parking lot on level ground"; a TIMELY goal would be "I want to do better today by taking a walk for 10 minutes and I know that I will need to have a friend go with me to help me along and I will just walk in the parking lot on level ground"

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