GOAL SETTING

Specific **Adaptive** **Time-Bound**

Meaningful **Realistic**

My current goal is:

_____

Is my goal clear? YES NO

If no, how can I make it more specific? _____

_____

What steps can I take to complete these goals? Start with the easiest step.

1. _____ 4. _____
2. _____ 5. _____
3. _____ 6. _____

How do I know if I reached my goal? _____

Do I have the resources I need to achieve this? YES NO

If no, what do I need? _____

Can I commit to this goal? YES NO

Why or why not? _____

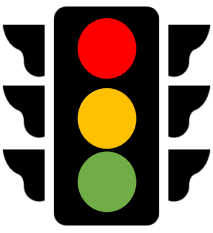
What are some things that could get in the way of completing this goal?

_____

_____

When will I start? _____

When do I hope to complete this? _____



What can I do today? _____

By Karlie Krause, PsyD 2020

Adapted from: ACT Made Simple, Getting Unstuck in ACT