

## Goal-Setting

### 1. Pick A Domain

Choose **JUST ONE** life domain to work on: health, work, education, leisure, personal growth, spirituality, parenting, friends, family, intimate relationship, other.

Domain:

### 2. Choose Your Values

Choose 1 or 2 values (maximum 3) that you want to bring into play in your chosen life domain. These values will motivate and inspire the actions you take to pursue the goal.

Values:

### 3. Set a SMART Goal

S= Specific (Do not set a vague, fuzzy, or poorly-defined goal like, 'I'll be more loving'. Instead, be specific: 'I'll give my partner a good, long hug when I get home from work'. In other words, specify what actions you will take.)

M = Motivated by values (I.e. double check this goal is aligned with the values in step 2.)

A = Adaptive (Is this goal likely to improve your life in some way?)

R = Realistic (Make sure the goal is realistic for the resources you have available. Resources you may need could include: time, money, physical health, social support, knowledge and skills. If these resources are necessary but unavailable, you will need to change your goal to a more realistic one. The new goal might actually be to find the missing resources: to save the money, or develop the skills, or build the social network, or improve health, etc.)

T = time-framed (Put a specific time frame on the goal: specify the day, date and time — as accurately as possible — that you will take the proposed actions.)

Write your SMART goal here: