

**State of Balance Mental Health Counseling Services, LLC**

*Stephanie Van Schaick, LMHC*

StateofBalanceMentalHealth@gmail.com

StateofBalanceMentalHealthCounseling.com



State of Balance



StateofBalanceforLife



State of Balance

**Creating SMART Goals**

Creating SMART goals helps you to become focused on the exact goal you are hoping to achieve, making it more attainable and achievable. When you break it down like this, it sets you up for success!

Use the template below to begin brainstorming your SMART goal! Template provided by UCOP.EDU

**Initial Goal** (*Write the goal you have in mind*):

---

---

---

**Specific** (*What do you want to accomplish? Who needs to be included? When do you want to do this? Why is this a goal?*)

---

---

---

**Measurable** (*How can you measure progress and know if you've successfully met your goal?*):

---

---

---



**State of Balance Mental Health Counseling Services, LLC**

*Stephanie Van Schaick, LMHC*

StateofBalanceMentalHealth@gmail.com

StateofBalanceMentalHealthCounseling.com

**Achievable** (*Do you have the skills required to achieve the goal? If not, can you obtain them? What is the motivation for this goal? Is the amount of effort required on par with what the goal will achieve?*):

---

---

---

**Relevant** (*Why am I setting this goal now? Is it aligned with overall objectives?*):

---

---

---

**Time-bound** (*What's the deadline and is it realistic?*):

---

---

---

**S.M.A.R.T. Goal** (*Review what you have written, and craft a new goal statement based on what the answers to the questions above have revealed*):

---

---

---

***LET'S MAKE THIS YEAR THE YEAR YOU RECOVER FROM YOUR EATING DISORDER!***

***TEMPLATE PROVIDED BY UCOP.EDU***

