

Goal-Setting Worksheet

You may find greater success in putting your self-care plan into action if you set and work toward specific goals. This tool is intended to help you set achievable goals and create specific strategies for reaching them.

Here are some steps to follow to think about your goals and create a plan that will work for you:

1. Identify an area or areas you would like to work on:

2. Think about your recent experiences in this area:

3. Set a standard for this area that you would like to reach over time:

4. Set a short-term goal (see below for the SMART approach to goal-setting):

5. Make a plan to meet that short-term goal. Include enough detail, and note any barriers that you may face:

6. Put your plan into action, and monitor your progress regularly.
7. If necessary, you may need to modify your plan along the way so that you meet your goal.

Use the **SMART** approach to goal-setting. Make sure that your goals are:

Specific

Measurable

Achievable

Realistic

Timely

For More Information

University of Michigan Depression Center
1-800-475-MICH or 734-936-4400

www.campusmindworks.org/

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