

Goal Setting

Having a focus and goals that you are working toward can help you feel more in control of your life and on track. Use the following form to complete your own SMART goal.

Goal:	Achievable: Is your goal something you can realistically accomplish?
Specific: Is your goal specific? What do you need to achieve it?	Relevant: Is your goal related to priorities in your life now and something you currently feel motivated to work on?
Measurable: What means can you use to track your progress and how will you know when your goal has been reached?	Timeframe: Create a timeline (including short, medium, and long term deliverables)

(adapted from Bennett-Lecy et al, 2015)

If you would like to have a confidential, supportive conversation, feel free to schedule an appointment with a personal counselor at the Health & Counseling Centre by calling 905-828-5255. You may also call Good2Talk at 1-866-925-5454 for professional counselling, mental health information and connections to local resources.