

Active Minds Initiative – SMART Goals

Complete the following topic boxes to help layout the plans for the activity, skill, or hobby you have chosen for a self-help. Answer with complete sentences, and MORE than one sentence per box. Return to your Case Manager at your next meeting.

SPECIFIC:

Explain in detail what exactly your objective/goal is.

• _____

MEASURABLE:

How will measure progress and then completion?

• _____

ACHIEVABLE:

Are you being realistic? What obstacles might you face?

• _____

RELEVANT:

Explain how your goal will benefit you.

• _____

TIMELY:

Write in detail the time line which you will follow to complete steps leading up to your goal.

• _____
