

Goal Setting

S

SPECIFIC

M

MEASURABLE

A

ACTION-ORIENTED

R

REALISTIC

T

TIME-BOUND

GOAL SETTING

S

SPECIFIC

Goals should be concrete and specific. Who, Where, When, Why, How?
E.g., "I will drink one cup of coffee at 8am daily" vs. "I will drink less coffee"

M

MEASURABLE

There should be an easy way to measure your progress toward your goal.
E.g., "I will walk for 30 minutes per day" vs. "I will get in better shape"

A

ACTION-ORIENTED

Action goals help create actual change. What action do you need to take?
E.g., "I will write down my symptoms using my headache diary" vs. "I will notice my symptoms"

R

REALISTIC

Goals should be realistic. Unrealistic goals can lead to giving up.
E.g., "I will practice PMR for 20 minutes a day" vs. "I will meditate for 3 hours a day."

T

TIME-BOUND

Set the time period for accomplishing the goal.
E.g., "I will set my alarm for 6am each day by Friday" vs. "I will set my alarm for 6am"

practice progressive muscle relaxation

(What **Specific** activity will you do? Think who, where, when, why and how)

For 20 minutes each day

(How will you **Measure** your progress? How much? How often?)

Is my goal **Action-Oriented**? YES NO

Is my goal **Realistic**? YES NO

I will complete my goal by... *By Friday*

(What is your **Time**-frame?)

VA



U.S. Department of Veterans Affairs
Veterans Health Administration

S

SPECIFIC

M

MEASURABLE

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TIME-BOUND

Why is this goal important to me?

(What **Specific** activity will you do? Think who, where, when, why and how)

(How will you **Measure** your progress? How much? How often?)

Is my goal **Action-Oriented**? YES NO

Is my goal **Realistic**? YES NO

I will complete my goal by:

(What is your **Time**-frame?)

Why is this goal important to me?

Potential Obstacles:

- 1.
- 2.

Potential Solutions:

- 1.
- 2.

VA



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