

# Setting SMART Goals

SMART Goals is a structured goal-setting method that helps individuals create clear, actionable objectives. **Trauma can disrupt a person's sense of control and ability to manage daily tasks, and SMART Goals can help by breaking down larger tasks into manageable, concrete steps.** By achieving these smaller, manageable goals, individuals can experience a sense of accomplishment and progress, which is crucial for rebuilding confidence and a sense of control.

# S

Specific

**What is your goal?** Write down exactly what you want to achieve. Be clear and detailed about what you expect to accomplish.

*Example: I want to improve my ability to sleep through the night without waking up from nightmares. To do this, I will establish a calming bedtime routine and practice relaxation techniques to reduce the occurrence of nightmares.*

# M

Measurable

**How will you measure your progress?** Determine how you will track your progress and know when you have achieved your goal.

*I will track the number of nights I sleep through without waking up from nightmares each week.*

# A

Achievable

**Is your goal realistic? What steps can you take to make your goal achievable?** Break down your goal into smaller, manageable tasks.

*Week 1-2: I will set a consistent bedtime and wake-up time. I will create a pre-sleep routine that includes calming activities*

*Week 3-4: I will integrate deep breathing exercises into my bedtime routine.*

*Week 9-12: I will add other calming activities, such as gentle yoga or guided imagery.*

# R

Relevant

**Does this goal align with your broader objectives?** Ensure that your goal is relevant and meaningful to your overall life or career goals. Reflect on the value and impact of achieving this goal.

*Improving my sleep quality is important because better rest can help reduce anxiety, improve mood, and enhance my ability to cope with trauma.*

# T

Time-Bound

**What is your deadline for achieving this goal?** Set a specific date by which you plan to achieve your goal. Identify immediate actions you can take to begin your progress.

*I will practice these techniques over the next three months, aiming to experience a noticeable reduction in nightmares within this period.*



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