

SMART Goals for Anxiety

SMART Goals is a structured goal-setting method that helps individuals create clear, actionable objectives. For individuals dealing with anxiety, this approach is particularly beneficial because it provides structure and clarity, which can reduce feelings of overwhelm and improve confidence. **By breaking down larger tasks into specific, manageable steps, SMART goals make it easier to take action without becoming paralyzed by anxiety.**

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 finish writing a 20-page research paper on climate change for my environmental science class.

M**Measurable**

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

Example: I will measure my progress by completing 5 pages each week, ensuring that I reach the 20-page target by the deadline.

A**Achievable**

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

Example: I will allocate two hours each day to work on my paper, ensuring that I have enough time to research, write, and revise.

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.

Example: Completing this research paper will help me improve my writing skills and deepen my understanding of climate change, which is essential for my career in environmental science.

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.

Example: My deadline for the research paper is December 15th. I will start by creating an outline and gathering initial research materials today.

*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.

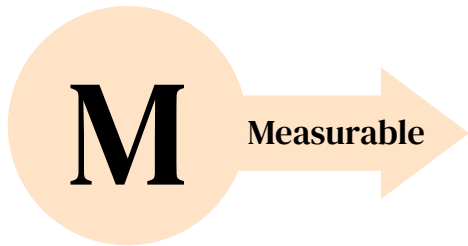


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What is your goal?

Blank area for writing the goal.



How will you measure your progress?

Blank area for writing how to measure progress.



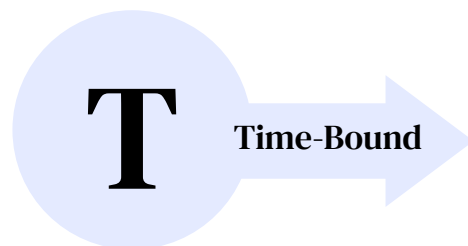
Is your goal realistic?

Blank area for writing if the goal is realistic.



Does this goal align with your broader objective?

Blank area for writing if the goal aligns with broader objectives.



What is your deadline for achieving this goal?

Blank area for writing the deadline for achieving the goal.

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Be Flexible

If you're struggling to reach a goal, don't be afraid to adjust it. It's okay to change the timeline, make the goal smaller, or alter the steps as needed.

Celebrate Milestones

Reward yourself for every step or milestone you reach, no matter how small. This could be as simple as taking a break, enjoying a favorite treat, or planning a fun activity.

Give Yourself Enough Time

Make sure you have enough time to achieve your goals without feeling overwhelmed. It's better to allow extra time and feel accomplished than to set an unrealistic deadline and feel discouraged.

Stay Patient & Be Kind to Yourself

Progress may be slow, and setbacks can happen. Remind yourself that change takes time, and be kind to yourself if things don't go perfectly.

What obstacles have I encountered, and how have I handled them?

What progress have I made so far? What am I proud of?

What support or resources might help me continue making progress?

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