

Setting SMART Goals

SMART Goals is a structured goal-setting method that helps individuals create clear, actionable objectives. **For individuals with depression, SMART Goals is particularly helpful as it breaks down larger tasks into manageable steps, making them less overwhelming.** This structured approach can also enhance motivation, improve focus, and provide a sense of accomplishment, all of which are crucial for managing and alleviating symptoms of depression.

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 will go for a 10-minute walk in my neighborhood every morning."

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 track my daily walks in a journal and aim to complete at least 5 walks per 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.

Example: "I will start with a 10-minute walk and gradually increase the duration by 5 minutes each week, aiming for a 30-minute walk by the end of the month."

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: "I will focus on walking because physical activity has been shown to improve mood and reduce symptoms of depression."

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: "I will achieve my goal of walking 30 minutes every day by the end of the next 4 weeks."



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