

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.

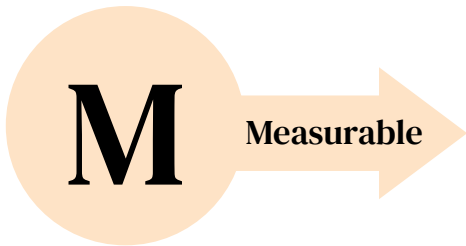
I will practice these techniques over the next three months, aiming to experience a noticeable reduction in nightmares within this period.



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What is your goal?



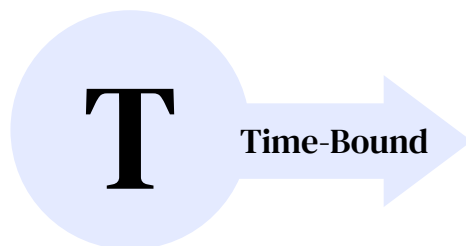
How will you measure your progress?



Is your goal realistic?



Does this goal align with your broader objective?



What is your deadline for achieving this 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?





Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



300+
Companies Reviewed



2,350+
Hours of Firsthand Experience



1,150+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

