

# Setting SMART Goals

**SMART Goals is a structured goal-setting method that can help with managing specific obsessions or compulsions.** Making goals Specific, Measurable, Achievable, Relevant, and Time-bound can make it easier to stay focused and monitor progress. Each milestone reached can bring a sense of accomplishment, which may help counter some of the negative feelings that come with OCD. Rather than feeling stuck in the cycle of obsessions or compulsions, this approach offers a clear, structured path forward.

A pink circle containing the letter 'S' in a large, bold, black serif font. To the right of the circle is a pink arrow pointing to the right, with the word 'Specific' written in a black serif font inside the arrow.

Specific

**What is your goal?** Write down exactly what you want to achieve. Avoid vague goals like "stop yelling at my kid(s)". Be clear and detailed about what you expect to accomplish.

*I want to reduce the frequency of yelling at Lola during morning routines.*

An orange circle containing the letter 'M' in a large, bold, black serif font. To the right of the circle is an orange arrow pointing to the right, with the word 'Measurable' written in a black serif font inside the arrow.

Measurable

**How will you measure your progress?** Do you want to use a journal, app, or accountability partner? Do you want to measure your goal by hours, weeks, or days?

*I will reduce yelling to no more than twice per week during morning routines. I will track it in my notes app.*

A teal circle containing the letter 'A' in a large, bold, black serif font. To the right of the circle is a teal arrow pointing to the right, with the word 'Achievable' written in a black serif font inside the arrow.

Achievable

**Is your goal realistic?** Aim for a goal that is challenging but still manageable. What steps can you take to make your goal achievable?

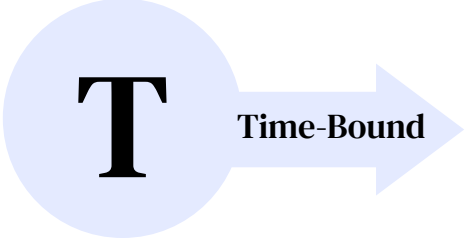
*Yes, I think it's realistic. I will use a 5-minute deep breathing exercise each morning before waking up Lola to help myself stay calm.*

A light gray circle containing the letter 'R' in a large, bold, black serif font. To the right of the circle is a light gray arrow pointing to the right, with the word 'Relevant' written in a black serif font inside the arrow.

Relevant

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

*I want to create a calmer and more supportive home environment, where Lola feels safe, heard, and respected, and where I model healthy emotional regulation.*

A light blue circle containing the letter 'T' in a large, bold, black serif font. To the right of the circle is a light blue arrow pointing to the right, with the words 'Time-Bound' written in a black serif font inside the arrow.

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 strategies for the next 30 days and then evaluate my progress.*



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 S Specific

**What is your goal?** Write down exactly what you want to achieve. Avoid vague goals like "stop yelling at my kid(s)". Be clear and detailed about what you expect to accomplish.

 M Measurable

**How will you measure your progress?** Do you want to use a journal, app, or accountability partner? Do you want to measure your goal by hours, weeks, or days?

 A Achievable

**Is your goal realistic?** Aim for a goal that is challenging but still manageable. What steps can you take to make your goal achievable?

 R Relevant

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

 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.



# Setting SMART Goals

## 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 you encountered, and how have you handled them?**

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**What progress have you made so far? What are you proud of?**

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**What support or resources might help you continue making progress?**

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