

Setting SMART Goals

SMART Goals is a structured goal-setting method that helps you create clear, actionable objectives to manage holiday stress and anxiety. **By breaking down larger tasks into manageable steps, SMART Goals can make the holiday season feel less overwhelming.** This approach can also boost your motivation, improve focus, and provide a sense of accomplishment during what can be a challenging time of year.

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 set aside 15 minutes each evening to unwind with a holiday-themed mindfulness activity, such as deep breathing or listening to calming music."

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 evening mindfulness sessions in a journal and aim to complete at least 5 sessions 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 5 minutes of mindfulness each evening and gradually increase the duration by 5 minutes each week, aiming for a 20-minute session 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 mindfulness because it helps reduce holiday stress and promotes a sense of calm and well-being during a hectic season."

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 practicing 20 minutes of mindfulness each evening by the end of the next 4 weeks."



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