

SMART Goals is a structured goal-setting method that breaks down larger, overwhelming personal goals into manageable steps, empowering you to take ownership of your life and make decisions that reflect your true self. By setting clear, measurable, and time-bound goals, you can regain control over your choices, build independence, and focus on living authentically—free from the influence of challenging relationships or external pressures.

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 establish firm boundaries with a friend who often disregards my privacy, within the next 3 months. This will allow me to feel more respected and create space for healthier interactions, supporting my overall mental well-being.

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 my progress by noting each time I successfully communicate my boundaries in a journal. I will review my entries weekly to see if my friend's behavior changes and if I feel more comfortable and respected in our interactions. I'll consider the goal achieved when I've consistently enforced my boundaries without feeling the need to apologize or back down

A

Achievable

Is your goal achievable? Consider what might make this goal difficult and plan how you can overcome those challenges.

This goal may be challenging because my friend might resist or push back against my boundaries, possibly making me feel guilty for enforcing them. To overcome this, I'll prepare specific phrases to assert my boundaries calmly and seek support from a trusted friend or therapist to stay consistent and confident in maintaining them.

R

Relevant

Why is this goal important to you? 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.

This goal is important because maintaining my boundaries will help me feel respected and valued in my relationships. Achieving it will boost my self-esteem and protect my mental well-being, allowing me to focus on building healthier, more supportive connections in my life.

T

Time-Bound

What is your deadline for achieving this goal? Set a specific date by which you plan to achieve your goal.

I plan to achieve this goal within 3 months from today. By [insert specific date], I will have consistently enforced my boundaries, assessed my comfort level in this relationship, and determined if further adjustments are needed.



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Scan to learn more about setting and achieving 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 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.

