

# SMART Goal Guide

## Set Goals to Focus on What Matters

No matter what you want to accomplish, goal setting is an important first step. Put your dreams into action by setting goals using the SMART acronym:

- **Specific:** Set goals that are clear and easy to understand.
- **Measurable:** Include a number in your goal to help you track your progress.
- **Achievable:** Set goals that push you enough to motivate you, but are realistic so that you don't get discouraged.
- **Relevant:** Set goals that are based on your interests.
- **Timely:** Give your goal a deadline.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

My SMART goals:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

Long-term goal:

\_\_\_\_\_

My care/case manager's name: \_\_\_\_\_

My care/case manager's phone number: \_\_\_\_\_

My next appointment: \_\_\_\_\_

DATE

TIME



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