## **GOAL SETTING**

Specific		Adaptive		Time-Bound
•	•	•	•	•
	Meaningful		Realistic	
My current goal is:				
Is my goal clear?	YES NO			
If <u>no</u> , how can I ma	ke it more specific?			
What stone and I to		م ملخ ملخان بخصوص ۲۰۰	siast star	
·	ke to complete these goa		·	
2		5		
3		6		
How do I know if I i	reached my goal?			
Do I have the resou	irces I need to achieve th	is? YES NO	)	
If <u>no</u> , what do I nee	ed?			
Can I commit to thi	s goal? YES N	0		
Why or why not? _				
What are some thin	ngs that could get in the v	way of completing th	is goal?	
When will I start? _				707
When do I hope to	complete this?			
What can I do toda	ay?			'

By Karlie Krause, PsyD Adapted from: ACT Made Simple, Getting Unstuck in ACT