

# Goal Setting

Making lasting changes to improve your mental health and wellbeing can be difficult.

Firstly, decide on one thing you want to change and then follow the simple steps below to create a SMART goal.

**Be SMART** – set and write down goals that are:

## SPECIFIC

Rather than 'do more mindfulness meditation', a better goal would be 'to do a 10 minute mindfulness meditation before breakfast on Mondays, Wednesdays and Fridays'

## MEASURABLE

Set goals that can be measured. 'Doing more mindfulness meditation' is hard to measure but it's easy to know if you done a 10 minute mindfulness meditation before breakfast on Monday, Wednesday and Friday or not.

## ACHIEVABLE

Start small and set goals that are within your reach.

## RELEVANT

Choose changes that make sense for you.

## TIMELY

Set a target date. Without one it's easy to put off making the change. And give yourself a (healthy!) treat when you achieve a goal.

*My goal...*

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