



SMART Tool

AREAS FOR GOAL SETTING



Family/Friends

- Reconnecting with family and friends
- Spending more time with partner or children
- Seeing extended family more often
- Spending more time with current friends
- Making an effort to make new friends.



Health

- Start eating healthily and regularly
- Lose or gain weight
- Develop an exercise routine
- Stop smoking
- Start exercising
- Try a new sport.



Work

- Make a list of personally desirable jobs (if unemployed)
- Find out what you need to do/requirements you need for certain jobs
- Start applying for work
- Change careers if unhappy or stressed in previous/current career.



Financial

- Start budgeting
- Start saving money
- Pay bills/debts
- Get financial advice.



Study

- Start or finish a course.



Creative/artistic

- Learn a musical instrument
- Start a hobby – painting, writing, gardening, etc.
- Join a social club or group.



Spiritual

- Show more compassion to yourself or others
- Learn to meditate
- Practice relaxation techniques.