

EXERCISE: GOAL-SETTING

Use this SMART plan to break down your goal.

My idea for breaking a cycle is:

Specific: I plan to . . .

Measurable: I will measure this by . . .

Meaningful: This is important to me because . . .

Achievable: I have the information and equipment to help me achieve this, including . . .

Realistic: This is realistic based on how I am feeling currently – YES/NO

Time-limited: I plan to achieve this by . . .

I will check on/...../..... (DD/MM/YY) that I have given it a go.

Consider setting a reminder on your phone, diary or calendar.

You may decide to check on your progress daily, weekly or after a month; make sure you allow the time needed.