



SMART Goal Templates

What are SMART Goals in Cognitive Behavioral Therapy (CBT)?

- SMART goals are an essential tool in Cognitive Behavioral Therapy that help transform vague therapeutic intentions into clear, actionable plans. This structured approach increases the chances of meaningful progress and lasting change.

The SMART Framework Explained

S - Specific: Your goal should answer the "what, when, and how" clearly. Instead of saying "I want to feel better," try "I will practice deep breathing exercises for 10 minutes each morning to manage my anxiety."

M - Measurable: You need concrete ways to track your progress. For example, "I will rate my anxiety level daily on a scale of 1-10 and aim to reduce my average score from 8 to 4 over the next month."

A - Achievable: Set realistic goals that match your current situation, skills, and resources. Aiming to meditate for 2 hours daily when you're a beginner isn't achievable, but starting with 5-10 minutes is.

R - Relevant: Your goal should connect to what truly matters to you. If improving relationships is important, then "I will have one meaningful conversation with my partner each week" is more relevant than generic stress reduction.

MINDBRIDGE

T - Time-bound: Give yourself a clear deadline. "I will complete this goal within 6 weeks" or "I will practice this skill daily for the next month" creates accountability and urgency.

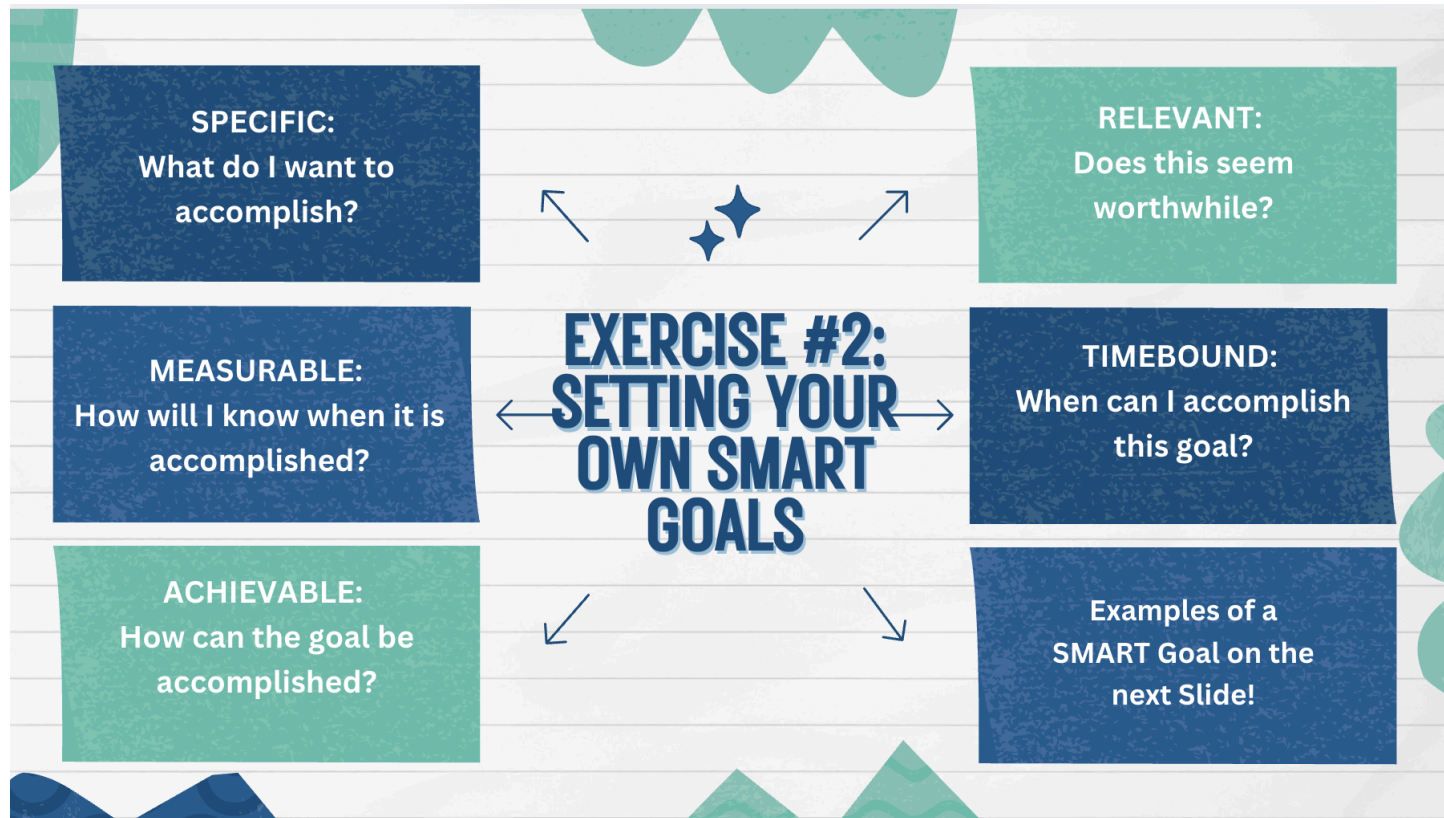
Why SMART Goals Work So Well in CBT

- CBT is naturally goal-focused, making SMART goals a perfect fit. Here's what they accomplish:
 - a) Creates Clear Direction: Both you and your therapist know exactly what you're working toward, eliminating confusion about treatment objectives.
 - b) Builds Motivation: When you can see and measure your progress, you're more likely to stay committed to the work.
 - c) Personal Goals: Are customized to your specific needs, values, and life circumstances, making the therapy more meaningful.
 - d) Enables Progress: Tracking Regular check-ins on measurable goals help identify what's working and what needs adjustment.
 - e) Focuses on Growth: CBT emphasizes "approach goals" (what you want to start doing) rather than "avoidance goals" (what you want to stop doing), which tends to be more effective for creating lasting change.

Example of a SMART Goal in Action

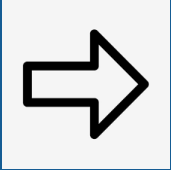
- Vague goal: "I want to be less anxious in social situations"
- SMART goal: "I will attend one social gathering per week for the next month, stay for at least 30 minutes, and practice three coping strategies I've learned (deep breathing, positive self-talk, and grounding techniques). I'll rate my anxiety before and after each event to track my progress."

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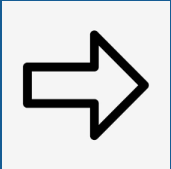
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List ONE S.M.A.R.T Goal:

Specific:	Measurable:
Achievable:	Realistic:
Time - Bound: 	

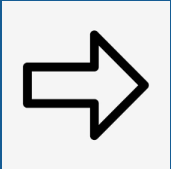
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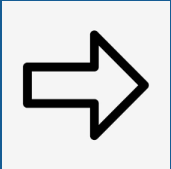
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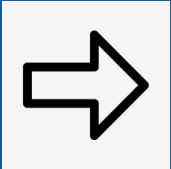
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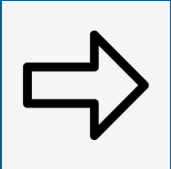
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