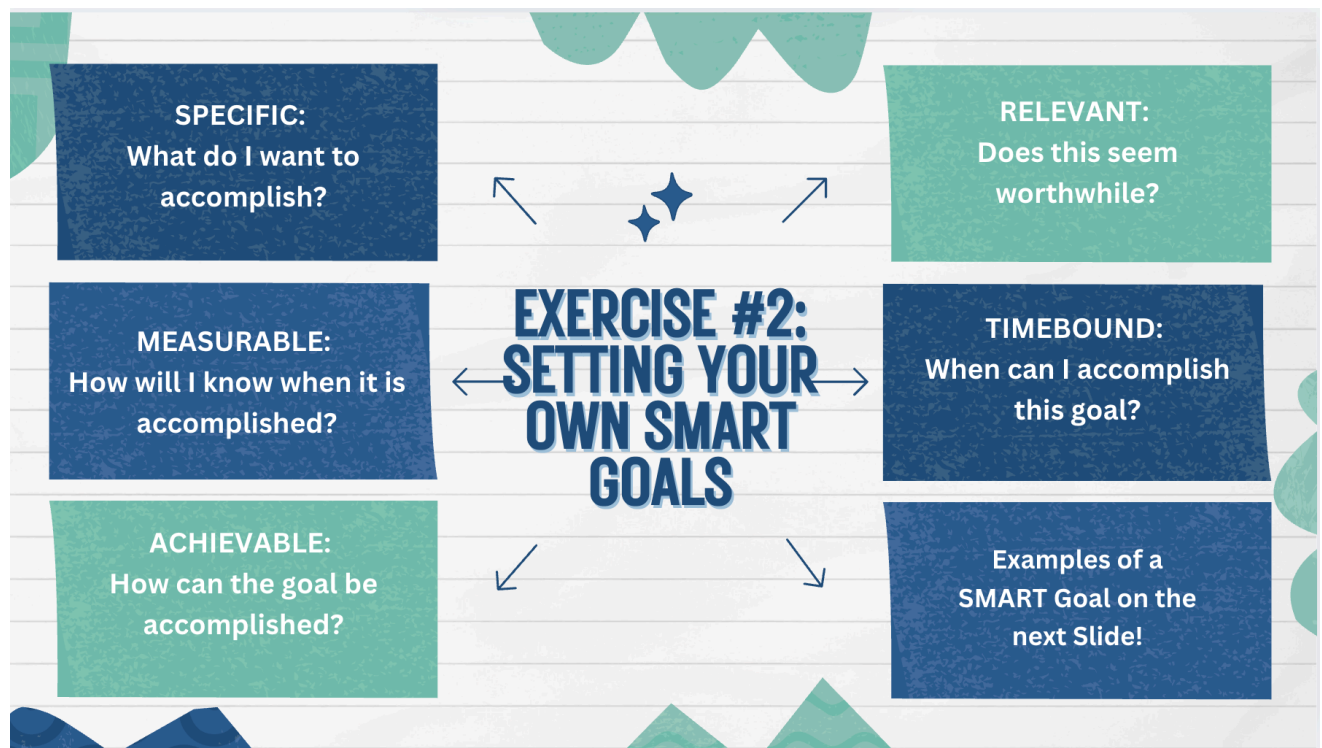


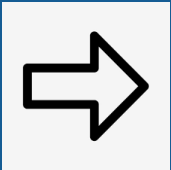
# SMART Goal Templates for Parents and Adolescents



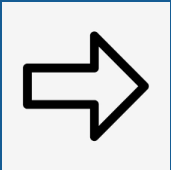
## Why are SMART Goals essential in CBT?

- Essential part of the assessment phase.
- Help structure treatment by providing focus and direction, making it easier to achieve outcomes
- Help track progress clearly
- Express what you want to achieve or change.

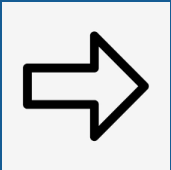
List ONE S.M.A.R.T Goal:

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

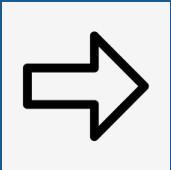
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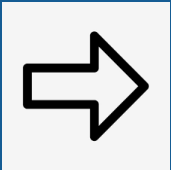
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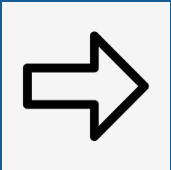
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