UNIVERSITY OF MICHIGAN DEPRESSION CENTER

Goal-Setting Worksheet

www.DepressionToolkit.org

You may find greater success in putting your self-care plan into action if you set and work toward specific goals. This tool is intended to help you set achievable goals and create specific strategies for reaching them.

Here are some steps to follow to think about your goals and create a plan that will work for you:

1. Identify an area or areas you would like to work on:___improving my physical fitness
2. Think about your recent experiences in this area:_____ I've started exercise programs before, but it's always been hard to stick with them and eventually, I give up____
3. Set a standard for this area that you would like to reach over time:____ devoting 30 minutes each day, 5 days per week, to exercise. ____
4. Set a short-term goal related to the standard you're trying to reach (remember to use the SMART approach when determining your goal – be Specific, make sure your goal is Measurable, Achievable and Realistic, and set a Timeframe for achieving it: ____ begin a walking program. Starting tomorrow with 15 minutes/day 3 days/week and building up to my goal over the course of one month ____
5. Make a plan to meet that short-term goal. Include enough detail, and note any barriers that you may face:_____ partner with my next-door neighbor (and her dog) to meet on scheduled mornings at 8 am for our walk. Possible barriers include bad weather, coordinating our schedules, and being lazy ___
6. Put your plan into action, and monitor your progress regularly.
7. If necessary, you may need to modify your plan along the way so that you meet your goal:___ week #2: morning walk time doesn't seem to be working. Tomorrow we are trying to get together right after work. ___

Use the SMART approach to goal-setting.
Make sure that your goals are:

Specific

Measurable

Achievable

Realistic

Timely

SAMPLE

For More Information

University of Michigan Depression Center
800-475-6424
www.depressioncenter.org

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