SMART Goals

Realistic change is well planned. Unrealistic goals can demotivate us and make change feel harder. But the goal just wasn't realistic. We will devise realistic and achievable goals here.

PROGRESS PSYCHOTHERAPY

Specific- define the goal clearly and specifically.
Measurable- define a way to measure progress that is reasonable and accurate
Achievable- is this goal possible?
Realistic/resourced- what do you need to do this? How will you get it?
Time - How long will this realistically take to achieve?

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