

- How will I measure my progress?
- How I know if my goal is achieved?

- Is this goal related to my overall success?



S

Specific

- Who is involved?
- What do I want to achieve
- When do I need to achieve this?
- Why is this goal important?



M

Measurable

- How will I measure my progress?
- How I know if my goal is achieved?



A

Achievable

- Will it be clear when the goal is complete?
- Is it reasonable to complete the goal in the time allotted?



R

Relevant

- Is this goal related to my overall success?



T

Time-Bound

- How long should it take to accomplish his goal?
- When will I check in on whether or not the goal has been completed?

Mental Health Goals And Objectives Examples

Wolfgang Guggemos



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