

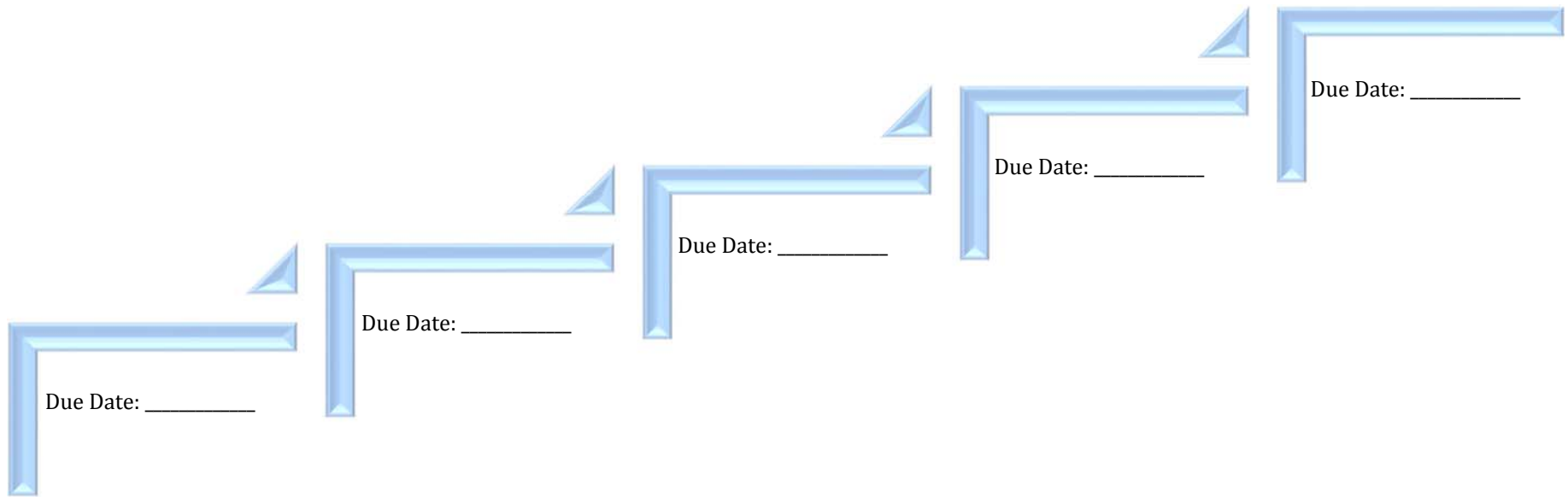
Participant's Name: \_\_\_\_\_ Case Number: \_\_\_\_\_ Date: \_\_\_\_\_

**My Goal is:** \_\_\_\_\_ **Due Date:** \_\_\_\_\_

What strengths will I use to accomplish my goal: \_\_\_\_\_

Check the goal and action steps against SMART criteria:  Specific  Measureable  Attainable  Relevant  Time-based

Instructions: Once you develop your goal, identify the action steps that you will need to achieve along the way. Your action steps should also meet the **SMART** criteria.



**Date of next appointment:** \_\_\_\_\_ Was this goal obtained or discontinued?:  YES  NO If yes, date: \_\_\_\_\_

If no, what stopped you? \_\_\_\_\_