



My plan for growth

My big picture goal

What's something I hope to get out of therapy?

How will I know therapy is helping?

My SMART goal

Let's Make It SMART

- Specific** What exactly do I want to work on?
- Measurable** How will I know I'm making progress
- Achievable** Is this goal doable for me right now?
- Relevant** Why does this matter to me?
- Time-based** When do I want to check in on this?

I want to work on _____
so that I can _____ .

I'll know I'm making progress when _____ ,
and we'll check in about it by _____ .

My support tools

What helps me move toward my goal?

What gets in the way?

How my therapist can support me:

Things That Help Me:

Challenges or Roadblocks: