

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:

2. Think about your recent experiences in this area:

3. Set a standard for this area that you would like to reach over time:

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):

5. Make a plan to meet that short-term goal. Include enough detail, and note any barriers that you may face:

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:

Use the SMART approach to goal-setting.

Make sure that your goals are:

Specific

Measurable

Achievable

Realistic

Timely

For more information:

- University of Michigan Depression Center
- 1-800-475-MICH or 734-936-4400
- <http://www.depressioncenter.org/toolkit>

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