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