

Setting Treatment Goals

To help monitor your progress as you begin treatment, it's important to set **SMART** goals.



SPECIFIC Your goal should be clear and specific. Otherwise, you may not be able to focus your efforts or feel truly motivated to achieve it. To help you get started, try to answer this question:



What exactly do I want to achieve?



MEASURABLE It's important to have measurable goals so that you can track your progress and stay motivated. A measurable goal should include a number or a percentage, and usually answers the question:



How much/
How many?



ACHIEVABLE Your goal also needs to be realistic and attainable. In other words, it should stretch your abilities but still remain possible. An achievable goal will usually answer a question such as:



How can I accomplish this goal?



RELEVANT This step is about ensuring that your goal matters to you, and that it also aligns with other relevant goals. A relevant goal can answer "yes" to this question:



Does this match my other efforts/needs?



TIME-BOUND Every goal needs a target date so you have a deadline to focus on and something to work toward. This part of the SMART goal criteria helps to prevent everyday tasks from taking priority over your longer-term goals. A time-bound goal will usually answer this question:



What is the deadline for achieving this goal?



GET STARTED



Use the SMART guidelines on the next page to create your own personal **treatment goals**.

	EXAMPLE	GOAL 1
SPECIFIC What exactly do I want to achieve?	<i>I will take my medication as prescribed to manage symptoms.</i>	
MEASURABLE How much/ How many?	<i>I'll use a calendar app for 100% adherence for 3 months.</i>	
ACHIEVABLE How can I accomplish this goal?	<i>I'll set alerts for 1 day before and for the day of my injection.</i>	
RELEVANT Does this match my other efforts/needs?	<i>Taking medication on time helps with symptoms.</i>	
TIME-BOUND What is the deadline for achieving this goal?	<i>I'll review the plan with my provider after 3 months.</i>	

	GOAL 2	GOAL 3
SPECIFIC What exactly do I want to achieve?		
MEASURABLE How much/ How many?		
ACHIEVABLE How can I accomplish this goal?		
RELEVANT Does this match my other efforts/needs?		
TIME-BOUND What is the deadline for achieving this goal?		

	GOAL 4	GOAL 5
SPECIFIC What exactly do I want to achieve?		
MEASURABLE How much/ How many?		
ACHIEVABLE How can I accomplish this goal?		
RELEVANT Does this match my other efforts/needs?		
TIME-BOUND What is the deadline for achieving this goal?		