

RAAM Clinic Toolkit

GOAL SETTING FORM

Work on developing **SMART** goals. SMART goals are...

- S**pecific, significant
- M**easurable, meaningful
- A**ttainable, achievable
- R**elevant, realistic, results-oriented
- T**ime-based, tangible, trackable

Examples:

Original Goal	SMART Goal
I will try to drink less.	I will drink only on Fridays and Saturdays and no more than 5 drinks at a time.
I will see my family more.	I will meet my brother at the park once a week.

1. Goals around substance use:

- a. _____
- b. _____
- c. _____
- d. _____

Identify high-risk situations/triggers and coping strategies:

Trigger	Coping Strategy

My safety plan:

a. Support groups/ people to reach out to:

- _____
- _____
- _____
- _____

b. Actions to take/behaviours to change:

- _____
- _____
- _____
- _____

2. Goals around mental and physical health:

- a.** _____
- b.** _____
- c.** _____
- d.** _____

3. Goals around other aspects of quality of life (e.g., connecting with family, dealing with legal issues, participating in community activities):

- a.** _____
- b.** _____
- c.** _____
- d.** _____