



## Reclaiming Happiness: A 6-Module Psychology Course for Overcoming Depression

### SMART Goals Worksheet

<b>Initial Goal</b>	Write your goal here.   
<b>S</b> Specific	Your goal should be well defined, detailed and clear.  
<b>M</b> Measurable	Is your goal measurable? You should be able to tell when you reach your goal.  
<b>A</b> Achievable	Can you reach the goal, taking into account your available time, skills, and financial status?  
<b>R</b> Realistic	Is your goal realistically achievable within the given time frame and with the available resources?  
<b>T</b> Timely	Set a start and finish date for your goal.  Start Date: _____ Finish Date _____
<b>SMART Goal</b>	Revise your goal based on the answers to the questions above.   

**Action Plan**  
**What steps do you need to take to get you to your goal?**

Action Items	Expected Completion Date	Actual Completion Date

### Potential Obstacles and Solutions

Potential Obstacles	Potential Solutions