# Social Support Goal Statement

## Part 1 - My Basic Goal Statement:

## Part 2 - Adding Social Support:

## Goal Steps:

## Goal Target Completion Date:

## SMART Goals

Good goals are SMART. Specific, Measurable, Achievable, Relevant, and Timebound.

Answer the following questions about your goal. You may need to adjust your goal if you cannot answer a question.

### Specific

What do you want to accomplish?

### Measurable

How do you plan to track your progress?

### Achievable

Is this goal realistic and achievable? How do you plan to achieve it?

### Relevant

How relevant or important is this goal to you?

### Timebound

How long will it take to achieve this goal?