

## Goal Setting

*Setting goals will give you some direction, help you identify which strategies and techniques might be most appropriate for you, and can serve as a marker of how you are progressing on your journey to overcoming perfectionism.*

*Follow 3 steps below to identifying your goals and making them SMART goals.*

### **Step 1: Identify Areas**

*What areas of my life are affected by unhelpful perfectionism? What areas are most important to me?*

### **Step 2: Identify Change & Goals**

*In these areas, what do you want to change / do differently?*

*What are my goals? In the short-term? And in the long-term?*

### Step 3: Make your goals SMART

Setting SMART Goals		
<b>My goal:</b>		
		<b>Use this space to write &amp; refine your goal according to SMART</b>
<b>Specific</b>	<i>Ensure your goal is as specific as possible. Ensure it includes dates, times, resources, etc. that you will need to achieve it.</i>	
<b>Measurable</b>	<i>Is your goal capable of being measured? If not, think about rephrasing so you can measure it.</i>	
<b>Achievable</b>	<i>Is your goal achievable, and if short term, is it possible to be achieved in the next couple of weeks? If not, think about breaking it down.</i>	
<b>Relevant</b>	<i>It is best to ensure that your goal is relevant to your life now. Will achieving the goal make a difference to you now? If not, try to adapt it so it is.</i>	
<b>Time specific</b>	<i>Try to set a time by which you want to achieve your goal. If short term this may be within the next week or two. If not, then go back to 'achievable' again and think about how to adapt it to make it so.</i>	