The Purple Couch

S	**M**	**A**	**R**	**T**
Specific	Measurable	Action-Oriented	Realistic	Timely
Set goals with enough details to know what success look like	Set goals with quantifiable success items	In your goals write down the specific steps you need to reach success	Given my time and other constraints, can I reach this goal?	Set goals with a time constraint

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Create your own SMART goals

What are some strategies you could do to achieve your smart goals?

Think about a challenge you experienced during 2021. How would you like to tackle that challenge in 2022?

What do you need to get off your chest today?

Make a list of five things you can do to improve your mental health

When times get tough, what is something or someone you could remind yourself of?

Do you have any bad habits
you are aware of and would
like to change?

What are some things you have control of?

Something great that happened to you recently?