Mental Health Goal Setting Worksheet

Goal: [Insert your mental health goal here]

Specific (S): What is the precise goal you want to achieve?

Measurable (M): How will you measure your progress and know when you've achieved your goal?

Achievable (A): Is your goal realistic and attainable within a reasonable timeframe?

Relevant (R): Is this goal relevant to your overall well-being and mental health improvement?

Timeline (T): By when do you plan to achieve this goal?

Steps to Achieve the Goal:

1. **Action Step 1:**
    - **Specific:**
    - **Measurable:**
    - **Achievable:**
    - **Relevant:**
    - **Timeline:**
2. **Action Step 2:**
    - **Specific:**
    - **Measurable:**
    - **Achievable:**
    - **Relevant:**
    - **Timeline:**
3. **Action Step 3:**
    - **Specific:**
    - **Measurable:**
    - **Achievable:**
    - **Relevant:**
    - **Timeline:**

Progress Tracking:

Use the following table to track your progress toward your mental health goal over time.

Date	Progress Made	Additional Notes
[Date 1]	[Progress 1]	[Additional Note]
[Date 2]	[Progress 2]	[Additional Note]
[Date 3]	[Progress 3]	[Additional Note]
[Date 4]	[Progress 3]	[Additional Note]
[Date N]	[Progress N]	[Additional Note]

Reflections:

Take some time to reflect on your progress, challenges, and any adjustments needed to achieve your mental health goal.

- What has gone well so far?
- What challenges have you encountered?
- Are there any modifications or additional steps required?
- How do you feel about your progress and your goal?

Next Steps:

Based on your reflections, outline your next steps or adjustments to your goal-setting plan.

- What will you do differently, if needed?
- How will you overcome challenges or obstacles?
- How will you stay motivated and committed to your mental health goal?

Remember to regularly review and update your worksheet to track your progress and adjust your goals as necessary.