

SMART Goals is a structured goal-setting method that breaks down larger, overwhelming personal goals into manageable steps, helping you take ownership of your life and make decisions that reflect your true self. By setting clear, measurable, and time-bound goals, you can regain control over your choices, build independence, and focus on living authentically—outside the shadow of your parents' influence.

# S

Specific

**What is your goal?** Write down exactly what you want to achieve. Be clear and detailed about what you expect to accomplish.

*Example: I want to move out of my parents' house and live independently within the next 6 months, as this will help me create more emotional and physical space to explore who I am outside of their influence.*

# M

Measurable

**How will you measure your progress?** Determine how you will track your progress and know when you have achieved your goal.

*I will track my progress by creating a savings plan and budget for my own apartment. I'll aim to save \$500 each month, research affordable housing options, and start visiting potential places within 3 months. I'll also begin purchasing items I'll need for the move, like furniture and kitchenware.*

# A

Achievable

**Is your goal achievable?** Consider what might make this goal difficult and plan how you can overcome those challenges.

*To make this goal achievable, I will create a budget that allows me to save monthly while still covering my existing expenses. I will also look for part-time freelance work to supplement my income if needed. I'll start with affordable apartments in areas close to work to reduce commuting costs and make sure I'm financially ready.*

# R

Relevant

**Why is this goal important to you?** Ensure that your goal is relevant and meaningful to your overall life or career goals. Reflect on the value and impact of achieving this goal.

*This goal is relevant because moving out will allow me to establish a clear boundary with my parents, reclaim my personal space, and start making decisions that reflect my own values, not theirs. Living independently is a key step in building my confidence and making choices that honor who I am and what I want from life.*

# T

Time-Bound

**What is your deadline for achieving this goal?** Set a specific date by which you plan to achieve your goal.

*I will move into my own apartment by the end of 6 months. Within the first 2 months, I'll have saved \$1,000 and visited at least 3 potential apartments. By month 4, I will have made my final decision on an apartment and signed a lease. The final 2 months will be spent preparing for the move and gathering all necessary items.*

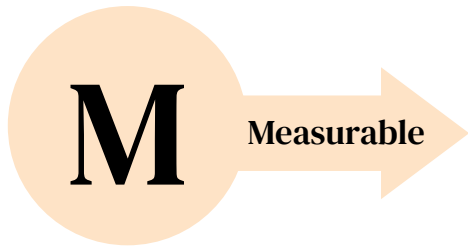


Scan to learn more about setting and achieving goals.

# SMART Goals



**What exactly do you want to accomplish?** Be clear and detailed about what you expect to accomplish.



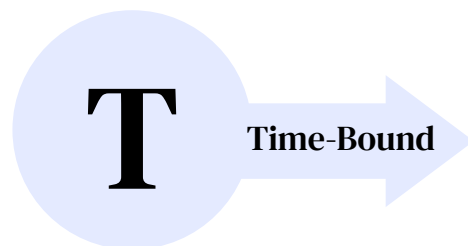
**How will you measure your progress?** Determine how you will track your progress and know when you have achieved your goal.



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**What is your deadline for achieving this goal?** Set a specific date by which you plan to achieve your goal.



## Be Flexible

If you're struggling to reach a goal, don't be afraid to adjust it. It's okay to change the timeline, make the goal smaller, or alter the steps as needed.

## Celebrate Milestones

Reward yourself for every step or milestone you reach, no matter how small. This could be as simple as taking a break, enjoying a favorite treat, or planning a fun activity.

## Give Yourself Enough Time

Make sure you have enough time to achieve your goals without feeling overwhelmed. It's better to allow extra time and feel accomplished than to set an unrealistic deadline and feel discouraged.

## Stay Patient & Be Kind to Yourself

Progress may be slow, and setbacks can happen. Remind yourself that change takes time, and be kind to yourself if things don't go perfectly.

What obstacles have I encountered, and how have I handled them?

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What progress have I made so far? What am I proud of?

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What support or resources might help me continue making progress?

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# Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

## You Can Trust ChoosingTherapy.com



**300+**  
Companies Reviewed



**2,350+**  
Hours of Firsthand Experience



**1,150+**  
Data Points Analyzed



### [Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

### [Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



### [Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

### [Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

