



# GOAL SETTING

Setting goals that facilitate your growth  
and honor your values.

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## Strengths

List your strengths and qualities that will help you achieve your goals

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## YOUR S.M.A.R.T. GOAL

### Specific:

Identify a specific and measurable goal so you are able to track and reflect on your progress.

### Meaningful:

Your goal should reflect your values and what is important to you. This will help motivate you and keep you invested.

### Attainable:

Set a goal that is realistic for you and your busy schedule and other commitments.

### Relevant:

Make sure your goal is significant for you and reflects your long term goals and values. Does this goal make sense to you at this very moment in time?

### Time Bound:

Set a goal date and/or create a realistic timeline. This will hold you accountable and keep you on track.

## Resources and Maintenance

What do you need to be successful? What will you do if you start to feel discouraged? Identify support peoples, possitive affirmations or quotes that will inspire or ground you, and other resources (therapy, spirituality, music etc.)?

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*Disclaimer: It is important to focus on the PROCESS when you are en-route to your goal. Noticing changes in your behavior, thoughts and feelings as they come up is crucial. Are you feeling more confident? Uncomfortable? Anxious? Why are you feeling this way? What are some things you have learned or milestones you can celebrate during this process? What are you doing well? What is working for you or not?*

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