



Therapeutic Time Inc. SMART Goals Worksheet

Sarah Barajas, MA, Psychological Associate PSB 94027905
 Liliana Chavez Weichold, MA, Psychological Associate PSB 94027514
 Dr. Trisha Rich-Thurm, PsyD Licensed as a Clinical Psychologist PSY 24976,
 Marriage & Family Therapist MFC 42603, & National Certified Counselor NCC 264935
drtrishpsyd@tsecuremail.com Phone (661) 714-2028 Address 44349 Lowtree Ave Suite 101 Lancaster CA 93534

Client Name: _____ Date: _____

GOAL <i>Be specific and concise. Include the measure and time frame.</i>	MY GOAL IS...	✓
	Specific	S
	Measurable	M
PURPOSE <i>Why is the goal relevant? What are the benefits?</i>	Attainable	A
	Relevant	R
	Time-bound	T
CHALLENGES <i>What are the challenges to overcome? What resources and skills are needed?</i>	COMPLETION DATE	

KEY STEPS <i>How will you achieve your goal? What are the milestones and key steps?</i>							
Description			Start Date		Complete Date		✓
MEASURE <i>Keep a log of your progress.</i>							
Date	Measure	Date	Measure	Date	Measure	Date	Measure