

SMART GOALS: BUILDING READINESS TEMPLATE

This template is designed to support collaborative goal setting with young people as they prepare for a service transition. Goals should be Specific, Measurable, Achievable, Relevant, and Time-bound (SMART). It is intended to complement the Toolkit for Supporting Service Transitions in Mental Health Care and can be used alongside the resources provided in the toolkit.

Example goal: Over the next 8 weeks, I will use my wellbeing and relapse prevention plan to practise one stress management/anxiety management coping strategy at least twice per week, discussing progress in each appointment.				
Specific	Measurable	Achievable	Relevant	Timebound
Use or practice at least one coping strategy from their wellbeing and relapse prevention plan to respond to increase in stress/anxiety during the lead up to transition	The coping strategy is practised at least twice per week, with progress discussed at each appointment.	Coping strategies are realistic and already familiar (not newly introduced).	Recognising increased stress/ anxiety symptoms that may impact on wellbeing is important to support ongoing self-management.	The goal will be worked on and reviewed over the next 8 weeks.

GOAL TEMPLATE

Goal:				
Specific	Measurable	Achievable	Relevant	Timebound