

SMART

HEALING GOALS

S

SPECIFIC

WHAT KIND OF HEALING
DO I WANT TO
ACCOMPLISH?

M

MEASURABLE

HOW WILL I KNOW WHEN I
AM HEALED?

A

ACHIEVABLE

WHAT IS MY FIRST STEP
TOWARD HEALING?

R

RELEVANT

WHY IS HEALING
IMPORTANT TO ME NOW?

T

TIME BOUND

HEALING IS A PROCESS
THAT CANNOT BE RUSHED!

