

## Example of Goal Setting

# The goal: Give up smoking 'pot'

### **S** Specific

There are many smaller goals that will need to be made before you reach your main goal. You will have to make a decision around how you will manage each day and how you will deal with your urges.

### **M** Measurable

The main goal and the weekly/daily goals are all measurable. The smaller goals would be goals you set-up daily and weekly. So for example, your goal for the week might be to cut down your 'use' from 7 days to 5 days. Your daily goal might be to try and replace the time you spent using by doing something different, like skateboarding for instance.

### **A** Agreeable

How important is it for you to quit? Does it feel right for you! If it is, then go for it! Remind yourself everyday why you are quitting.

### **R** Realistic

Your good judgment is needed. Is this goal too big or too small? Make sure your goals are realistic for you. Don't set yourself up to fail.

### **T** Timed

When exactly are you aiming to do this? Which day? What time? Getting specific around the times of your goals will help you to achieve success.