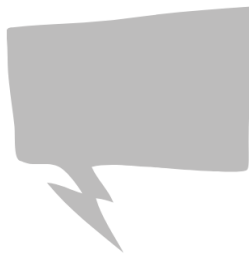


Writing SMART Goals with CARE



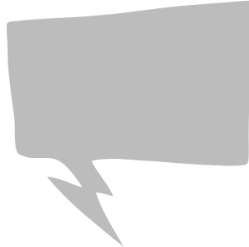
In order to...
I will...
How often...
By what time frame...
Is it possible?

—————> RELEVANT
—————> BE SPECIFIC
—————> MEASURABLE
—————> TIME-BOUND
—————> ATTAINABLE



In order to...
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How often...
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Using Active Listening with CARE to Set Goals



Connect and reflect back feelings (Empathy)

Ask Open-Ended Questions (Clarification)

Respond with Support Statement (Validation)

Examine Your Understanding (Summarizing)
Option Exploration