

SMARTER GOALS WORKSHEET



A key part of cutting back or quitting gambling is setting goals. This worksheet walks you through the steps of making **S**pecific, **M**easurable, **A**chievable, **R**elevant, **T**iming, **E**valuate and **R**eward (**SMARTER**) goals. This can help you set healthy and realistic goals for changing your gambling behaviour.

Specific: What do you actually want to achieve? Reducing or stopping gambling activities is a great goal; however, it is vague. Will you set a specific limit on the amount of money or time spent gambling? Or will you stop gambling for a specific period of time?

My goal is (write one sentence that clearly describes your goal):

Measurable: How will you know when you've reached your goal? What will be different?

Write a sentence that describes how you will know your goal has been reached. Be as concrete as possible (e.g., I will have gone a week without buying a scratch ticket):

Achievable: Is your goal something you can reach given your current situation/resources?

It can be helpful to stick to a larger goal that you can achieve in the next 8 weeks and break that goal down into smaller steps. You can always create a new goal after 8 weeks.



Break your goal down into smaller, achievable steps:

1. _____

Date: ____ / ____ / ____

2. _____

Date: ____ / ____ / ____

3. _____

Date: ____ / ____ / ____

4. _____

Date: ____ / ____ / ____

5. _____

Date: ____ / ____ / ____

6. _____

Date: ____ / ____ / ____

Relevant: Ask yourself, "Is my goal important to me?"

The more aware you are of your reasons for change, the more likely you will stay motivated when things get tough.

Write down one (or more) reasons why this goal is so important to you:

1. _____

2. _____

3. _____

Timing: What is the start date and end date for reaching your goal?

Start date: ____ / ____ / ____

End date: ____ / ____ / ____

Evaluate: At the halfway mark, ask yourself, "How am I doing with my goal?"

Goal evaluation date: ____ / ____ / ____

Reward: Reward yourself with a realistic, healthy reward. (Acknowledging your efforts and successes is important and motivating!)

My reward for reaching my goal will be:

References:

Miller, R.N. & Rollnick, S. (2013). *Motivational Interviewing* (3rd ed.). New York: The Guildford Press.

Wade, D.T. (2009). Goal setting in rehabilitation: An overview of what, why and how. *Clinical Rehabilitation*, 23, 291-295. DOI: 10.1177/0269215509103551