

My Leisure Goal

Use this activity to create your own SMAC goal

ACTIVITY	STEP 1	Choose something that interests you	
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CONTEXT	STEP 2	Identify constraints	
	STEP 3	Identify resources to help you overcome constraints	

ACTIVITY	STEP 4a	Make a SMAC goal				
			<u>S</u> pecific?	Yes	No	Maybe
			<u>M</u> easureable?	Yes	No	Maybe
			<u>A</u> chievable?	Yes	No	Maybe
			<u>C</u> ongruent?	Yes	No	Maybe

ACTIVITY	STEP 4b	Make an action plan	
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EXPERIENCE	STEP 5	Think	
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