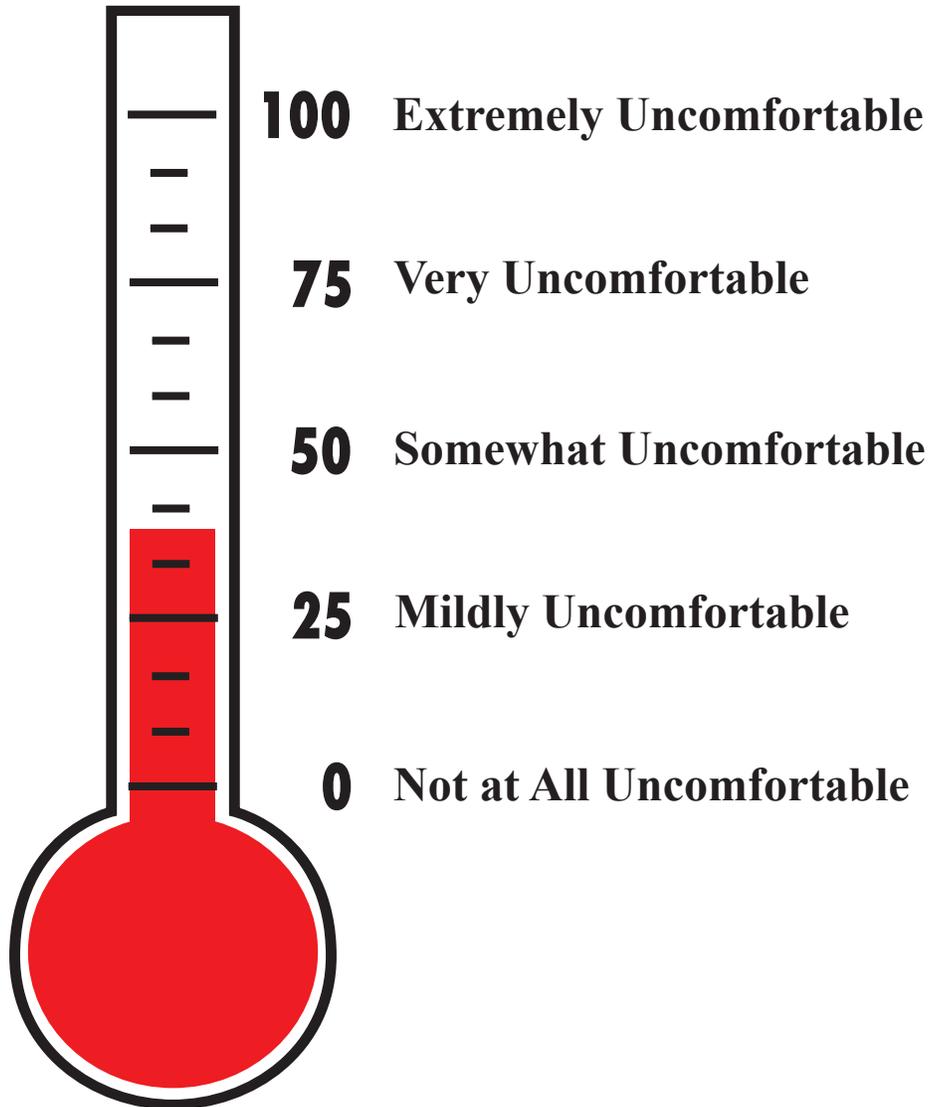


FEELING THERMOMETER



GUIDELINES FOR GOOD WEEKLY GOALS

- **Important to you, and you are committed to it.**
- **Realistic. Not too hard or not too easy.**
- **Brief, specific and clearly stated.**
- **Easy to tell when you have accomplished it.**

SMART

Problem-Solving Steps

S = State the problem.

M = Make a goal.

A = Actions - List the actions you might take.

R = Reach a decision about which actions you could take.

T = Try it and review it.