

## *Worksheet on Developing SMART Objectives*

This person's goal is:

*I want to decrease my high-risk sexual behavior.*

Their stated objective, on the way to meeting that goal, is:

*I will decrease the number of sexual partners I have.*

Is this objective SMART, or not?

*Specific?* ❌

The client knows what they will do (decrease the number of sexual partners), but not how much the decrease will be. No, this objective is not specific.

*Measurable?* ❌

'Measurable' implies numbers. Also, in order to measure progress towards this objective, we need to know the baseline number of sexual partners during the past X amount of time. Otherwise, we will be unable to know if this number decreased!

*Appropriate?* ❓

The objective is likely related to the goal, but is it congruent with the client's skill set and motivations?

*Realistic?* ❓

Know your client – does your client have the skill set, motivation, and appropriate conditions or situations needed to carry out the objective?

*Time-phased?* ❌

There is no mention of time in this objective -- will your client decrease the number of sexual partners in one day or over the next year? You and your client need to know when the objective should be met.

That objective was definitely not SMART. An improved version:

*I will decrease the number of sexual partners I have during the next two weeks from my current level of 5 every two weeks to 2.*



Time-phased



Measurable