



Syracuse Integrative Psychiatry

Comprehensive care. Transformative outcomes.

Week 2: Goal Setting

Defining Your "Why"

Why set goals? Depression and anxiety often make us feel stuck or aimless. Setting clear, manageable goals gives us a roadmap out of the fog. It helps us measure progress and celebrate small wins.

SMART Goals

To increase your chances of success, make your goals **SMART**:

S - Specific

Clear and well-defined. "Get healthy" is vague. "Walk for 20 minutes" is specific.

M - Measurable

How will you know you did it? "Feel better" is hard to measure. "Walk 3 times a week" is measurable.

A - Achievable

Realistic for where you are right now. If you're exhausted, running a marathon isn't achievable yet.

R - Relevant

Does this matter to you? Does it align with your values?

T - Time-Bound

When will you do it? "Someday" often means "never." Set a deadline or schedule it.

Week 2 Homework: Set One Goal

Choose one small goal for this week. It could be as simple as "Read for 10 minutes on Tuesday" or "Call a friend on Saturday."

My Goal:

Is it Specific? (What exactly will I do?)

Is it Measurable? (How much/how often?)

Is it Achievable? (On a scale of 0-10, how confident am I? Aim for 7+)

When will I do it? (Day and Time)
