



SETTING “GOOD GOALS”

Find Your Focus

Before you begin this activity, **take a moment to find your focus**. Pause and allow yourself to let go of the many things on your mind, letting yourself breathe and bringing your mind into the present moment. If you'd like, [find your focus with this mini meditation](#).

Free Writing Exercise

Set a timer for 3 minutes and use the time to **write continuously about what you have learned about your emotional well-being** during this guide. Use the box below to capture your thoughts. What are some of the different experiences, relationships, or situations that produce positive emotions, a sense of meaning, or greater life satisfaction?

Note: Be sure to write for at least 3 minutes without stopping. If you find you have more to write when the 3 minutes are up, keep going until you're done!

Review and Reflect

Read through what you've just written and **underline the pieces that stand out to you**. Consider how each might connect to things you want to achieve, and **write down some potential goals** (aim for 2-3 goals for each category) you might want to pursue for each of the following categories:

| |
|--|
| Individual Possibilities – Things you'd like to pursue for your own interest and benefit |
| |
| Social Possibilities – Things you'd like to pursue to strengthen your relationships with others |
| |

Others-focused Possibilities – Things you'd like to pursue that benefit others

Create and Rate Your Goals

Pick 2-3 of your goals from each category and write them in the following table. Then, rate each goal on how meaningful and motivating it seems right now. Use the following scale:

- 1** – Not motivating or meaningful
- 2** – Somewhat motivating or meaningful
- 3** – Somewhat motivating and meaningful
- 4** – Very motivating or meaningful
- 5** – Very motivating and meaningful

| Individual Goals | Rating 1 | Rating 2 |
|---------------------|----------|----------|
| | | |
| | | |
| | | |
| Social Goals | Rating 1 | Rating 2 |
| | | |
| | | |
| | | |
| Other-focused Goals | Rating 1 | Rating 2 |
| | | |
| | | |
| | | |

Write your ratings for each goal in the “Rating 1” column. Once you’re done, put this worksheet away for at least 24 hours. This is called psychological distancing.

Allow yourself to wait at least a day, then come back to this list and using the same scale, rate each goal again. Write your ratings in the “Rating 2” column. Chances are your second rating is a more accurate reflection of what you really want for yourself.



Once you're done, select one goal in each category that you'd like to refine into a goal to pursue.

Crafting SMART Goals

Using the SMART goals framework, consider ways you can make each of your goals more:

- **Specific:** What will be accomplished? What actions will you take?
- **Measurable:** What data will measure the goal?
- **Achievable:** Is the goal doable? Do you have the necessary skills and resources?
- **Relevant:** How does this goal align with your broader goals and values? Why is the result important?
- **Time-Bound:** What is the time frame for accomplishing this goal?

Write your revised goals here:

- 1.
- 2.
- 3.

A Moment for Reflection

Read through your revised goals and notice what feelings come up for you. Is there anything you'd like to change to make them feel more energizing or motivating? If so, make those changes! After all, you're in control of your goals, not the other way around.

Once you're done, have fun pursuing these goals and notice the changes they bring to your well-being as you go!

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This work was supported by the National Institutes of Health Award Number U24AT011281. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.



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