

Homework for Wilderman Medical Clinic iCBT Program

Module 1

Below, write in at least three SMART goals you would like to achieve by the end of this program.

1. _____

2. _____

3. _____

After each goal break them down into the SMART categories below:

1.	S:	2.	S:	3.	S:
	M:		M:		M:
	A:		A:		A:
	R:		R:		R:
	T:		T:		T: