

# Practicing MI Skills with I-SMART Goal-Setting



## I-SMART goals are...

<b>Important</b>	Are based on what is important to you
<b>Specific</b>	Include concrete actions that will take place; what you will do
<b>Measureable</b>	Include how much will be done and how you will know when the goal is met
<b>Action-oriented</b>	Include taking action to achieve your goal(s)
<b>Realistic</b>	Are practical, given the available resources and time
<b>Time-based</b>	Are completed within a specific time frame

## Setting an I-SMART Goal Example:

<b>Important</b>	What I would like to see happen in my interactions or out comes with patients clients is: <u>I would like my patients to know that I am on their team.</u>
<b>Specific</b>	I think the skill <u>reflections</u> will help make this possible.
<b>Measureable</b>	I will practice this skill (specify how, when, and where) <u>By making two reflections during each patient interaction at the clinic.</u>
<b>Action-oriented</b>	Practicing the skill is taking action, so nothing needs to be added here.
<b>Realistic</b>	Check to be sure this goal is realistic. Are you confident (at least a 7/10) that you will achieve this goal? – if not, revise.
<b>Time-based</b>	I will practice this skill over the next month.

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## Setting My I-SMART Goal:

Important: What I would like to see happen in my interactions or outcomes with patients/clients is:

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Specific I think the skill \_\_\_\_\_ will help make this possible.

Measureable I will practice this skill... (specify how, when, and where) \_\_\_\_\_

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Action-oriented Practicing this skill is taking action.

Realistic This skill is realistic. I am confident at \_\_\_\_\_ /10 that I can achieve this goal.

Time-based I will practice this skill over the next month.

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Name: