**Session 2 – Manage Your Stress**

*(handout 3)*

**GOAL SETTING**

**Choose a stress management goal that will help balance your life.**

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**Is your goal SMART?**

**S = Specific**

**M = Measurable**

**A = Achievable**

**R = Rewarding**

**T = Time-bound**

**Monitor your progress for a week. Did you reach your goal? Write down your thoughts about how to continue making progress in reaching your goal.**

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