

Section 5: Goals That Actually Hold



A goal without a plan is a wish. The fix is to make goals small enough and clear enough that you can tell whether you did them.

SMART, IN PLAIN WORDS



- **S — Specific.** Not “get a job.” “Apply to three jobs a week.”
- **M — Measurable.** You know for certain when it is done.
- **A — Achievable.** Possible for you, on a bad day, not just a good one.
- **R — Relevant.** It helps your reentry and your freedom.
- **T — Time-bound.** It has a deadline.

SET THREE: 7 DAYS, 30 DAYS, 90 DAYS

Three goal-setting cards are displayed side-by-side. Each card has a yellow header with a blue ring icon at the top. The text on each card reads: "In the first [7 days, 30 days, 90 days], my goal is...". Below the text are five horizontal lines for writing a goal.

In the first
7 days,
my goal is...

In the first
30 days,
my goal is...

In the first
90 days,
my goal is...

Three goals. One for each horizon. That is enough.

Example: 7 days — “Within my first week, I will apply for my state ID and write down the date of my DMV appointment.”

Example: 30 days — “Within 30 days, I will go to two support meetings and get one phone number of someone I can call.”

Example: 90 days — “Within 90 days, I will have work, even entry level, and put \$20 a week aside.”

Goals you can start from in here

- **7 days** — “I will sign up for one class or workshop offered in this facility this week.”
- **30 days** — “I will have someone on the outside book my mental health appointment so it is scheduled before I am released.”
- **90 days** — “I will request my Social Security card application and have it ready to mail.”

Journaling Exercise

⇒ Write your 7-day goal. Make it small enough that you will actually finish it.

⇒ Write your 30-day goal.

⇒ Write your 90-day goal.

⇒ Now take the 7-day one and name the first moment it will be hard to keep — and what you will do at that moment.
