### Personal Goals for Rehabilitation

During rehabilitation, you will be learning a lot of new things. Setting some personal goals can help you and your health care team focus on the most important things.

Using SMART goals helps you achieve your goals:

- **Specific**: What specific area will be looked at?
- **Measurable**: How will you measure progress?
- **Assignable**: Who will help you achieve this goal?
- **Relevant**: Why is this more important to achieve than other goals?
- **Time-related**: When will the goal be achieved?

<table>
<thead>
<tr>
<th>Goal # 1:</th>
<th>Specific (What?)</th>
<th>Measureable (How?)</th>
<th>Assignable (Who?)</th>
<th>Relevant (Why?)</th>
<th>Time-related (When?)</th>
</tr>
</thead>
</table>
Personal Goals for Rehabilitation

Goal # 2
Specific (What?)

Measureable (How?)

Assignable (Who?)

Relevant (Why?)

Time-related (When?)

Goal # 3
Specific (What?)

Measureable (How?)

Assignable (Who?)

Relevant (Why?)

Time-related (When?)

Speak with your Health Care Team to help choose your goals.