

Handout: SMART Goals for Digital Balance

Setting intentional digital wellness goals can help you improve communication, presence, and emotional connection with your partner by establishing healthier digital habits. The SMART framework—**s**pecific, **m**easurable, **a**chievable, **r**elevant, and **t**ime-bound—offers a structured yet simple approach to goal setting that enhances follow-through and accountability. While this may seem like a straightforward exercise, its true impact lies in the intention behind it and the commitment to maintaining change. Even small shifts in how couples define and pursue their goals can significantly increase their effectiveness and sustainability over time.



SPECIFIC

What do you want to achieve? What will you change?
(e.g., *reduce time on social media, no tech at dinner*)



MEASURABLE

How will you track progress and know when it's accomplished?
(e.g., *usage insights, screen time limits*)



ACHIEVABLE

How can you break larger goals into smaller, manageable steps?
Is this goal *realistic* given your current lifestyle?



RELEVANT

Why is this goal important? How does it align with your values or needs?
Does it align with your wants and needs from the *Specific* step?



TIME-BASED

What is the timeline for achieving this goal?
(e.g., *minutes, hours, daily limit, one tech-free day per week*)