

## Worksheet: SMART Goal Builder (Preparation Stage)

This worksheet helps you create clear, realistic goals around digital habits that support emotional and relational connection. By using the SMART framework—**s**pecific, **m**easurable, **a**chievable, **r**elevant, **t**ime-bound—you can turn vague intentions into shared commitments that feel doable and motivating.

**Example Goal:** No phones during dinner for the next 7 days.

SMART Element	Example
Specific	We'll put our phones away after 9 PM.
Measurable	We'll check in weekly on how often we did it.
Achievable	We've done tech-free nights before.
Relevant	We want to feel more connected at night.
Time-bound	We'll try it for 2 weeks, then reassess.

Choose one goal together to start with: \_\_\_\_\_

SMART Element	Your Goal
Specific	
Measurable	
Achievable	
Relevant	
Time-bound	

### **Reflection:**

- Which part of this goal feels most important to you right now? \_\_\_\_\_  
\_\_\_\_\_
- What support or adjustment would make it easier to follow through this week?  
\_\_\_\_\_
- What's one way you'll remind each other to stay on track without judgment?  
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