# Skill-Building Challenge Worksheet: Goal-Setting for Stress Management

Name: Blank Class: Blank Date: Blank

You can’t learn to manage your stress if you are always waiting for stress to happen. To effectively manage stress, you need to learn and practice stress management techniques before you need them. Use your Goal-Setting Skill Cues and your SMART goal skill steps to help you write one short-term and one long-term goal and set action steps that will help you manage your stress. Consider the techniques provided in this lesson as well as other strategies you may know.

My short-term SMART goal for stress management is:

My long-term SMART goal for stress management is:

List three to five action steps you can take to help you reach your goals: