



How does meth affect your life?

Lifestyle changes

Changing your use may mean changing your lifestyle and setting new goals.

When setting new goals, ask yourself:

- Is this an important goal?
- Is it achievable?
- Will it improve my quality of life?

When setting goals remember to write down:

- What your goal is
- How you plan to achieve it
- When you are going to start and when you hope to reach your goal.

Remember some goals may be longer-term. In order to reach these goals it is generally helpful to set short-term goals. To keep you on track it is helpful to regularly review your goals and once reached, to set new ones.

Changing any aspect of your behaviour can be difficult. We know that people who are more successful in changing their behaviour use short-term goals to help them plan ahead and be prepared.

It is important that your goals are **SMART**. This means that they are:

- S** = specific
- M** = measurable
- A** = achievable
- R** = realistic
- T** = timely

For example, you may decide to use less meth when you do use. This should be a really clear goal that you will be able to achieve over the next four weeks.

My goals regarding my meth use are:

Alcohol and Drug Support Line

The service is available 24/7 via phone
Phone: (08) 9442 5000
Country callers: 1800 198 024
Email: alcoholdrugsupport@mhc.wa.gov.au

Emergency

In an emergency call 000 for an ambulance immediately.



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To make your goals **SMART**, work through the following:

My target (specific) is:

I will be able to keep track of this (measurable) by:

I will know this is working for me (achievable and realistic) because:

I will do this for at least... weeks (timely):

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I will review how I have gone over the past... weeks:

It is important to also plan goals related to other areas of your life. Having a balanced lifestyle is important for your wellbeing. Think about what activities you may enjoy and work out a plan to fit them into your life. The following are some ideas (you don't have to do them all):

Physical activity

Goal

SMART plan

Review

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Recreational activity

Goal

SMART plan

Review

Education/Work

Goal

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SMART plan

Review

Family/Friends relationships

Goal

SMART plan

Review

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Spiritual/Other

Goal

SMART plan

Review

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