My SMART Goal Planner

Rate the impacts gambling has in your life, where 5 is ‘could not get worse’ and 1 is ‘could not get better’. **What are your top two priorities, and how can you work to reduce these impacts?** Place your own list of goals somewhere that you refer to often, to keep your goals fresh in your mind and can keep working towards them all over time.

<table>
<thead>
<tr>
<th>Problem Area</th>
<th>Impact /5</th>
<th>How can I reduce this impact by 2?</th>
<th>Priority</th>
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<tbody>
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<td>My gambling</td>
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<td>Physical and Mental Health</td>
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<td>Alcohol/ drug use</td>
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