

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.

Problem Area	Impact /5	How can I reduce this impact by 2?	Priority
My gambling			
Physical and Mental Health			
Relationships			
Housing			
Work/ education			
Money			
Social life/ lifestyle			
Legal issues/ crime			
Alcohol/ drug use			