

## SMART ways to reduce alcohol

Reducing your alcohol intake can feel overwhelming. But that's where SMART goals come in. They provide a simple way to break down big changes into smaller, more manageable chunks.

Each mini goal should be:

- > **Specific** - state exactly what you need to do
- > **Measurable** - decide how you will track progress
- > **Attainable** - make sure it is realistic
- > **Relevant** - it needs to help you achieve that bigger goal
- > **Time-bound** - decide how long each step will take.

Here are some SMART ideas to cut back on alcohol:

<p><b>Long-term goal: I want to drink less when I go out with friends</b></p> <p>Mini goal: I'll only drink three units when we go out this weekend</p> <ul style="list-style-type: none"> <li>• <b>Specific</b> - pick a unit limit I can stick to</li> <li>• <b>Measurable</b> - use a unit checker to plan what I can drink in advance</li> <li>• <b>Attainable</b> - choose low-alcohol options so I can have a couple of drinks</li> <li>• <b>Relevant</b> - drinking less on nights out will lower my overall alcohol intake</li> <li>• <b>Time-bound</b> - manage my progress each time I go out.</li> </ul>	<p><b>Long-term goal: I want to drink less in the evenings</b></p> <p>Mini goal: I'll only have a drink three evenings this week</p> <ul style="list-style-type: none"> <li>• <b>Specific</b> - decide which evenings will be alcohol-free</li> <li>• <b>Measurable</b> - make a note of each evening I have a drink</li> <li>• <b>Attainable</b> - choose days that work best with my routine</li> <li>• <b>Relevant</b> - drinking less in the evening will lower my overall alcohol intake</li> <li>• <b>Time-bound</b> - check my progress each week.</li> </ul>
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Now it's your turn! Think about your long-term goals when it comes to alcohol and pick one SMART mini goal to focus on this week.

Long-term goal: .....

Mini goal: .....

- > Specific - .....
- > Measurable - .....
- > Attainable - .....
- > Relevant - .....
- > Time-bound - .....



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