

S.M.A.R.T. Goal Setting

Making desired changes in our lives is not always easy. However, setting ***SMART*** goals gives you a starting point, a direction and an end. ***SMART*** is an acronym to help you plan your route.

Specific - What *exactly* do you want to accomplish?

Measurable - How can your goal be tested so that you know a change is being or has been made?

Attainable - Is your goal something that is possible for you to accomplish during this time in your life?

Relevant - Does your goal support your values, fulfill your needs and deliver rewards?

Time-sensitive - Is your deadline long enough to allow for change, yet short enough to provide on-going motivation and a visible end?

Tips for Success:

1. Begin with the end in mind.
2. Think who, what, when, where, why, how?
3. What change do you want or need to make (be specific)?

4. List reasons for making the change.

5. How will you determine if the change was accomplished?

6. Is this something you can realistically do?

7. What steps will you take to make your change happen?

8. When will you begin?

9. When will be your first end point?

10. How confident are you that you will achieve the goal on a scale of 1-10; where 1 is the lowest and 10 is the highest? _____

11. If your confidence is below a 7 but the desire to change is present, identify the obstacles that you believe may stand in your way.

12. Do you have or can you gain support from family, friends or groups that may help you accomplish your goal? Identify these.

Health related changes such as improving nutrition, exercising regularly, giving up tobacco and learning how to manage stress or a chronic condition are often desirable, yet hard-to-achieve goals. Although these, and many other health related goals contain a lifelong timeline, short **SMART** goals will pave the way for success. There is no one size that fits all! Your **Time-sensitive** comfort level may be 3 months, broken down into weeks and taken day by day. Careful consideration of how each part of your plan will fit best into your life is the way to go!