S.M.A.R.T. Goal Setting – Set Goals that Stick

Break down larger, broad goals into S.M.A.R.T. goals to increase your likelihood of success.

**S**pecific – **M**easurable - **A**ction-oriented – **R**ealistic - **T**ime framed

Your goal should be able to answer the questions:

* What?
* How much or how often?
* When?
* With whom?

***Tip*** – Write your goals on a sticky note and display somewhere visible to keep it top of mind.

*Example of a S.M.A.R.T. goal: I will walk for 30 minutes a day for 5 days this week (Sunday, Tuesday, Wednesday, Thursday, Saturday).*

Now your turn to set a S.M.A.R.T. goal:

How confident are you that you will be able to achieve this goal?

Rate your confidence on a scale of 1-10 (where 10 is extremely confident)

1

10

|  |  |
| --- | --- |
| **Possible Barrier/Obstacle** | **Strategies to Overcome Barrier/Obstacle** |
|  |  |
|  |  |
|  |  |

**Weekly Habit Tracker Template**

**Tracking your actions will help keep you accountable to yourself and document progress.**

Replace the examples below with your own goals!

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Week of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | | | | | | |
|  | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| ***Example: I will include vegetable with lunch and dinner 7 days a week.*** | **L**  **D** | **L**  **D** | **L**  **D** | **L**  **D** | **L**  **D** | **L**  **D** | **L**  **D** |
| ***Example: I will walk for 30 minutes 5 days a week.*** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |