

START S.M.A.R.T



Specific

*What do you want to achieve?
Why? How will you achieve it?*

Example: I will increase my physical activity by walking two days per week on my lunch break for 30 minutes on Monday and Wednesday.



Measurable

Establish concrete criteria for measuring progress.

Example: I will track my stats and steps by using my smart watch and printed tracking sheet.



Action-Oriented

What intentional step(s) can you take to move closer to your goal?

Example: I will work with a health coach, create a walking music playlist, keep a pair of sneakers by my desk, set a calendar reminder on Outlook, and place my goal sheet by my workspace.



Realistic

Is this goal realistic with effort and commitment?

Example: Yes, this is realistic because I can balance out my life and obligations while including my walking break without feeling overwhelmed or pressured.



Time-bound

Set a start and end date—how will you know when you have completed your goal?

Example: I will begin on April 1 and will complete my goal by May 13.

Notes:

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1. What area of well-being best describes your SMART goal?

- Emotional
- Financial
- Social
- Physical
- Mental

2. What specific goal do you want to achieve in this area? Why did you decide on this goal?

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3. How will you measure or track your progress?

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4. What intentional steps can you take to move closer to your goal?

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5. What potential barriers might you face? How will you overcome them?

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6. Who will serve as your support system to help hold you accountable?

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7. If you have a set back, what will you do to remain positive and continue going forward?

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8. On a scale of 1 to 10, how confident are you that you can accomplish your goal?

1 2 3 4 5 6 7 8 9 10
Impossible ←————→ Piece of cake!

9. Once you complete your goal, how will you positively reward yourself?

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10. Once you complete your goal, what will be your plan to maintain your new habit?

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Tracking Sheet

My SMART goal: I will... _____

starting on _____

and ending on _____ .

Month:	S	M	T	W	TH	F	S
Week 1							
Week 2							
Week 3							
Week 4							
30 Day Check-in:							
How did you do on progressing towards your goal for the past 30 days? Is there anything you need to re-evaluate or change? What is going well?							
Week 5							
Week 6							

Notes: