

# GOAL SETTING



## Smart goals

Smart goals challenge you to think about why you are making a goal, how you will do it, and when you will accomplish it. They align with your wellness vision and help you achieve that vision.



SPECIFIC



MEASURABLE



ACHIEVABLE /  
ATTAINABLE



REALISTIC /  
RELEVANT



TIMELY

🎯 **Specific:** goals need to be specific and precise. The six W's -who, what, which, where, why, and when- are often used to set specific goals. What do you want to accomplish? For example, lose 2 pounds in one week rather than lose weight.

🎯 **Measurable:** goals must be measurable. How will the goal be measured? How will the goal be demonstrated and evaluated? For example, a weight loss of 5 pounds in one month is measurable.

🎯 **Achievable / Attainable:** attainable goals are realistic and include appropriate action steps. Select goals that present challenges and can be reached with effort and work. A reasonable and

attainable goal would be 1-2 pounds per week. Losing 10 pounds in one week is not healthy or realistic; a 1-2 pound weight loss is achievable. Small milestones are attainable.

🎯 **Realistic / Relevant:** is the goal realistic and applicable to me? Does the goal fit my present situation and lifestyle? Is the goal practical?

🎯 **Timely:** each goal has a completion time, i.e., one week, one month, etc. If there is no set time to accomplish your goal, you may never achieve it because you may put it off and become frustrated with the lack of progress.

GOAL WORKSHEET

Name: \_\_\_\_\_

Session # \_\_\_\_\_

Date: \_\_\_\_\_

GOAL 1:	
Priority	Urgent <input type="radio"/> High <input type="radio"/> Medium <input type="radio"/> Low <input type="radio"/>
Confidence Ruler	0 - 1 -2 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 <i>*10 being most confident</i>
Strengths	
Foreseen Challenges and Obstacles	
Action Steps	1. 2. 3. 4. 5.
Specific Measurable Achievable / Attainable: Realistic / Relevant Timely	Yes <input type="radio"/> No <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/>
Comments	
Date completed	

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