SMART Goals

What are SMART goals and why are they important?

SMART goals are versions of your goals that describe detailed information about how and when you will complete your goals. This provides you with details you can be more accountable to and they include clear criteria about whether you have reached the goal or not. Smart goals are important because they make your goals clear and focused. They also help you think about what barriers you may face in trying to achieve your goal and how to overcome them. They can also help you to think about the resources you have to help you complete your goal. SMART goals can help make achieving you goals easier through thinking about your goals in a straightforward and concrete way.

Smart goals are…

Specific• **M**easurable • **A**ttainable • **R**ealistic • **T**imely

Specific: What do I want to change? What, where, how?

Measurable: How will I know when I have achieved my goal?

Attainable: How easy or difficult is this goal for me? Will I be able to achieve it?

Realistic: Will this goal be manageable for me? Do I have what I need to achieve this goal?

Timely: When will I start trying to achieve my goal? How often will I do this?

How to create a SMART goal:

4 Easy Steps:

1) Think about the change you want to make. Write it down.
2) Break the change down into small pieces.
3) Turn it into a SMART goal.
4) Work towards it.

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Why do we need to break the change you want to make into small pieces?

You shouldn't eat an apple in one bite, it's easier and more manageable to cut it into pieces and eat it piece by piece. Your goals work in the same way, you're more likely to stick to a goal that is easier to manage. Small attainable changes result in better long-term results, and it's easier to stick with manageable goals.

Example 1:

1) What is the change you want to make: Eat more fiber.

2) Break the change you want to make down into small pieces: (one way to eat more fiber): I will eat brown rice instead of white rice once a week.

3) Turn it into a SMART goal: Starting February 25, 2021, I will eat brown rice instead of white rice, for dinner at least once a week.

Example 2:

1) What is the change you want to make: To be more active.

2) Break the change you want to make down into small pieces (one way to do physical activity): I will go for a walk 2 times a week.

3) Turn it into a SMART goal: Starting on February 14, 1, 2021, I will go for a walk along the river path at work for *at least* 10 minutes over my lunch twice a week between Monday and Friday.

Poor Examples of Goals	Good Examples of Goals
• To eat healthy	• Eat at least 3 vegetables a week
• Reduce my stress	• Draw a picture for 5 mins each day
•Drink more water	• Drink 6 cups of water 2 days a week

Fill in Example of a SMART goal:

Starting on _____January 23, 2021_____ **(date)**, I will _____do a Zumba dance workout for 10 minutes____ **(action)** __after lunch___ **(when),** __2___ **(number)** times a week.

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Smart Goal worksheet:

1) <u>What is the change you want to make:</u>

2) <u>Break the change down into small pieces:</u>

3) <u>SMART goal:</u>

Starting on _____**(date),** I will _____

_____**(action)**, _____ **(when),**

_____**(number)** times a week.

1) <u>What is the change you want to make</u>

2) <u>Break the change down into small pieces:</u>

3) <u>SMART goal:</u>

Starting on _____**(date),** I will _____

_____**(action)**, _____ **(when),**

_____**(number)** times a week.

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Tips to be successful at reaching your goals:

- **Start small:** Make sure you start with a small goal that is easy to achieve. This will help to motivate you to stay on track with your goals. If the goal is too big, this can feel overwhelming and it will be harder to stay motivated to achieve the goal. Change happens best in small manageable steps.

- **Only work on 1-2 goals at a time:** If you have to many goals you want to achieve at the same time, this can be stressful, and it will be harder to manage. Start with one goal, and once you have achieved that goal, and you feel confident managing one goal at a time, you can start to work on up to 2 goals at once. We are more successful at achieving goals when they are easier to manage.

- **If at first you don't succeed, try again:** It takes time to learn what goals are manageable for us and what goals may be too big. If you feel like your goal is getting very hard to meet, change your goal and try again. Changing parts of your life is a big deal, and we need to let ourselves feel some success before we challenge ourselves. Reaching goals feels good, but changing goals is also an important learning experience that will help you learn how to accomplish goals better in the future.

- **Celebrate your successes:** It is important to reward yourself for making steps to accomplish your goals to help motivate you. This will help keep your motivation high. You can reward yourself with activities you enjoy such as drawing, reading, singing, writing, dancing, listening to music, watching a movie, or taking a hot bath. This is especially helpful when you use a reward you like that can also help you accomplish your goal or than can help you de stress.

Change Plan Worksheet

1) The changes I want to make (or continue making) are:

2) The reason why I want to make these changes are:

3) The steps I plan to take in changing are:

4) The ways other people can help me are:

5) I will know that my plan is working if:

6) Some things that could interfere with my plan are:

7) What I will do if the plan isn't working:

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