

Healthy Living with WHA

ARE YOUR GOALS SMART?

When it comes to wellness goals, the type of goal you set affects the outcome you get. Instead of wishing that something will happen, set up a clear plan for making it happen. Writing a goal using these **SMART** steps will likely lead to improved personal success.

S

Specific

SPECIFIC: Define your goal as clearly as possible. You are more likely to accomplish a descriptive goal than a general goal. Write out your goal by addressing: What, How, Who, Where, When, Why, Which?

VAGUE GOAL

I want to get stronger.

SMART GOAL

I will do 30 minutes of strength training, three times each week for the next month. I will train before work and will mark off each day in my calendar.

M

Measurable

MEASURABLE: Make sure to track your progress. Measurement will give you specific feedback and hold you accountable. That way you will know when your goal is accomplished.

UNMEASURED GOAL

I want to exercise and get in shape.

SMART GOAL

I will do yoga 3 times a week and run 3 times a week with 1 day of rest.

A

Achievable

ATTAINABLE: When deciding on your wellness goals, be sure to think big but make sure it's achievable. Start by making smaller (short-term) goals that lead to your bigger (long-term) goals.

UNATTAINABLE GOAL

I want my stress to stop now.

SMART GOAL

I will attend a stress relief workshop every Thursday.

R

Realistic

REALISTIC OR RELEVANT: If you are having trouble determining if your goal is realistic, consult your doctor. Is your goal important and interesting to you? Will it meet your needs? Reflect on your "Why" consideration under "Specific."

UNREALISTIC GOAL

I want to run a marathon in a month and I'll start training today.

SMART GOAL

I want to run a marathon and will begin by training to run a 5k in a month.

T

Timely

TIMED: Your goal should include a deadline. Otherwise, you might put off your action steps. Reevaluate your goals from time to time to assess what has worked and what you might need to change.

UNTIMED GOAL

I want to lose 10 pounds.

SMART GOAL

I want to lose 10 pounds in the next two months.

see reverse for your own **SMART GOAL worksheet**



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SMART GOAL WORKSHEET

GOAL #1

My general wellness goal is: _____

MAKE IT SPECIFIC

What do I want to achieve? _____

How will I do this? _____

Who will be involved? _____

Where will I do this? _____

When will I do this? _____

Which constraints or requirements are involved? _____

Why do I want to do this? _____

To ensure that your goal is **SMART**, you should be able to check off these additional components. Add more specifics above until you can make your goal truly **SMART**.

- MY GOAL IS MEASURABLE**
- MY GOAL IS ATTAINABLE**
- MY GOAL IS REALISTIC AND RELEVANT**
- MY GOAL IS TIMED**

GOAL #2

My general wellness goal is: _____

MAKE IT SPECIFIC

What do I want to achieve? _____

How will I do this? _____

Who will be involved? _____

Where will I do this? _____

When will I do this? _____

Which constraints or requirements are involved? _____

Why do I want to do this? _____

To ensure that your goal is **SMART**, you should be able to check off these additional components. Add more specifics above until you can make your goal truly **SMART**.

- MY GOAL IS MEASURABLE**
- MY GOAL IS ATTAINABLE**
- MY GOAL IS REALISTIC AND RELEVANT**
- MY GOAL IS TIMED**