

Setting SMART Goals

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Hi Heather,

Now that you know what you want to focus on in 2023, how you want to feel, and why, it's time to set goals that you can measure and attain.

Below you will find five aspects of SMART goals to consider when you're goal-setting:

S: Be Specific

What exactly do you want to achieve?

M: Make it Measurable.

How will you measure your success?

For example, if you want to spend more time with family for 2023, how many hours per day is that? How many outings weekly, monthly or yearly?

A: Make it Attainable.

Is this goal realistic?

How will you achieve this goal? Do you have the resources (time, money, desire, support) to make the changes needed to reach your goal? Does your accomplishment of this goal rely on anyone other than yourself?

R: Make it Relevant.

Does this goal tie back to the area(s) of your life that you wanted to improve upon?

Will achieving this goal bring you the happiness and positivity you seek for your life? Are you ready to make this change at this time?

T: Set a Timeline.

What's your deadline to achieve this goal?

Is this timeline realistic?

Creating a Plan of Action

Using the above guidelines and your responses for each of the SMART sections, SUMMARIZE your big goal(s) below and create smaller goals to help you get there.

Limit your goals to one or two BIG goals, so you don't overwhelm yourself. Feeling overwhelmed is a surefire way to not start or not finish. Don't make this mistake.

My BIG goal(s) for 2023

	My BIG Goal(s) for 2023
1.	
2.	

Along with setting your BIG goals, it's also a good idea to set mini goals or action steps that you can work on to bring you closer to your BIG goal. The more mini goals that you can achieve, the more momentum you will build and the more likely you will be to follow through.

What are 3-6 specific, measurable, attainable, relevant and time-related actionable steps that you can set to bring you closer to reaching your big goals?

Mini Goals/Actionable Steps	Completion Date

What support do you need in order to achieve the goal(s) you set for yourself?

On a scale of 1-10, how confident do you feel about reaching the goals you set?

1 2 3 4 5 6 7 8 9 10

1 = Not very confident, 10 = Extremely confident in my goals and commitment!

Congratulations on setting your SMART goal(s)! You are now on your way to making positive changes in your life and health!