## **SMART** goal setting



Goal setting is the first step to managing your health and developing a long-term plan to lead a healthy lifestyle. Goals create the opportunity for you to track your progress and see results, which is a great motivator for success.

This worksheet has been designed to encourage you to think about the changes you would like to make to your lifestyle and provide you with the opportunity to set personal goals to achieve these changes.

To make goals more achievable they should be developed using the **SMART** rules:

- Keep your goal Specific: Focus on one change at a time.
- Make your goal Measurable: Make it something you can count, measure or observe.
- Make your goal Achievable: Small steps will get you where you want to go.
- Make your goal Realistic: Consider your available time, resources, family and finances.
- Give yourself a **T**imeframe: Have in mind a date to start and a date for when you hope to achieve this goal by.

## Goals can be:

- Short term (One day to one month)
- Medium term (One to three months)
- Long term (More than three months)

It is often easier to consider your long term goals first and then use short and medium term goals as stepping stones to get you there.

My long term goal is:	Short term goals:	Medium term goals:
(E.g. To lose 20 kilograms.)	(E.g. Starting Sunday, I will jog continuously for 15 minutes and I will do this at least three days per week.)	(E.g. Starting today, I will increase my 15 minute jog by five minutes every week until I can run for 60 minutes continuously.)
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Write down what you could do to		
Write down what you could do to achieve this: (E.g. Exercising regularly, reducing my sugar consumption, etc.)		
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This list can be used to help you		
develop your short and medium term goals. Remember when setting your goals you must be sure to incorporate the SMART rules. Ask yourself these	3.	3.
questions:		
<ul> <li>Where and when will I do it?</li> <li>(Be specific)</li> </ul>		
- How can I assess it?		
<ul><li>(Make it measurable)</li><li>Am I capable of making this change?</li><li>(Is this achievable?)</li></ul>		
- What time and resources do I have? (Is this realistic?)		



- When will I begin and when will I achieve my goals? (What's the timeframe?)

