

S. M. A. R. T. Goals Worksheet

1. What would you like to accomplish?

Big picture idea

Initial goal: “*I really should lose some weight.*”

Write your initial goal here: _____

2. Think in terms of being SPECIFIC about your goal

Specific - What exactly do you want to do?

Goal: “*I want to be healthier, look better, feel better, and have more energy.*”

Write your more Specific goal here: _____

3. Make it MEASURABLE

Measurable - Exactly how will you know when you've achieved the goal?

Goal: “I want to be healthier, look better, feel better, and have more energy. *I will lose 15 pounds, and be able to comfortably walk 2 miles in 30 minutes.*”

Write your Specific, Measurable goal here: _____

4. How will you make this a reality?

Achievable - How can the goal be accomplished?

Goal: “I want to be healthier, look better, feel better, and have more energy. I will lose 15 pounds, and start to exercise twice a week so that I can comfortably walk 2 miles in 30 minutes. *I will do this by getting up 30 minutes earlier and going for regular walks around the block before work.*”

Write your Specific, Measurable, and Achievable goal here: _____

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5. Why do you care?

Relevant - Why? Why does this goal matter?

Goal: *"I'm tired at the end of the workday and I don't have enough energy to really enjoy my leisure time. Life is short and I want to live it to the fullest.* I want to be healthier, look better, feel better, and have more energy. I will lose 15 pounds, and start to exercise twice a week so that I can comfortably walk 2 miles in 30 minutes. I will do this by getting up 30 minutes earlier and going for regular walks around the block before work."

Write your Specific, Measurable, Achievable and Relevant goal here: _____

6. When will you complete this goal?

Time-Bound - When will you get it done?

FINAL Goal: *"I'm tired at the end of the workday and I don't have enough energy to really enjoy my leisure time. Life is short and I want to live it to the fullest. I want to be healthier, look better, feel better, and have more energy. I will lose 15 pounds, and start to exercise twice a week so that I can comfortably walk 2 miles in 30 minutes.* *Starting tomorrow* I will do this by getting up 30 minutes earlier and going for regular walks around the block before work. *I will achieve my goal within 10 weeks, by April 6.*

Write your Specific, Measurable, Achievable, Relevant and Time Bound goal here: _____
