



Healthy Living Series

GOAL SETTING

Goal Setting is a process of determining what you want to accomplish and how you plan to do so. SMART goals can benefit you on your path towards accomplishing personal, career, health, community, and financial goals. They can also positively affect your health!

S

Specific

Be precise with what you want to achieve.



M

Measurable

Create mini-goals you can track along the way.



A

Achievable

Make your goal a challenge, but not impossible.



R

Realistic

Make your goal relevant to your life.



T

Timely

Set a timeline, don't leave it open ended.



Benefits of Goals

- Allow you to believe in your ability and feel in control of your life.
- Help you with time management.
- Seeing your progress can increase your motivation. Reaching goals can increase your confidence.
- Reduce stress and improve mental health.

Tips for Setting Them

- Have a support system.
- Break your goal down into smaller goals.
- Make your goal meaningful to you.
- Print/write/hang visual representations to keep you motivated/focused.
- Keep your goals positive.
- Have a plan for when setbacks occur.

Examples

Non-SMART Goal:

I will walk more often
(future tense, not specific, no time frame for completion)

SMART Goal:

I walk 20 minutes at the park on Mon, Wed, and Fri after work this week
(present tense, specific, measurable, time based)

www.walkwithadoc.org

<https://www.healthdirect.gov.au/goal-setting>
<https://inside.ewu.edu/calearning/psychological-skills/goal-setting>