Goal Setting

Success begins with a goal. Do you have a goal for yourself? Big or small, goals provide you with a path to where you want to go.

You might want to take a few minutes and answer these simple questions:

1. **What kind of person do I want to be?**
   - What do I look like? How do I act? How do I feel?

2. **Why is this important to me? How might it change my life?**

3. **What is one small thing I can do now to start becoming the person I want to be?**

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**Which one isn’t a SMART goal?** (Answer on bottom of back page)

**Example 1:** From December 3rd until my vacation on December 23rd, I will pack my meals for work every weeknight after supper. To do this, I will pack a fruit, yogurt, and oatmeal packet for breakfast and use some of my leftovers for lunch.

**Example 2:** Starting on my birthday, August 1st, I will think peaceful thoughts for 10 minutes every morning, before breakfast, to lower my stress level.

**Example 3:** Starting June 30th and continuing until the kids go back to school on August 15th, I will get up at 5:30am on Mondays and Wednesdays to walk on my treadmill for 20 minutes before work.
4. Try to turn your answer in question #3 into a S.M.A.R.T. goal. Remember to keep it Specific, Measurable, Action-based, Realistic, and Time-bound

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5. What challenges might I run into on the way to my goal?

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6. How can I get past these challenges?

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7. Who will be my support team?
   a. ________________________________________________________________________________
   b. ________________________________________________________________________________
   c. ________________________________________________________________________________

8. How will I stay fired up to keep working towards my goal?

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**Well-done!**
You are one step closer to becoming the person you want to be.
Keep this form and look at it every so often to remind yourself of your S.M.A.R.T. goal.

**Answer:** #2 is not a S.M.A.R.T. goal. Since it does not have an end date, it is not time-bound. Having an end date to a goal gives you something to work towards and is an important part of creating a goal you can achieve.