

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?**



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

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

6. How can I get past these challenges?

7. Who will be my support team?

- a.

- b.

- c.

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

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.