

# S.M.A.R.T.E.R.

## SMARTER GOAL SETTING

Consider a behaviour you would like to change or a healthy habit you want to create. If possible, choose something that can be started within a day or two. Use the questions below to describe what/how you will make the change happen to reach your goal.

**Specific:** Ensure your goal is as specific as possible. Make sure it includes dates, times, resources, people etc. all that you will need to achieve your goal.

**Measurable:** Ensure the goal is capable of being measured. If not, think about rephrasing so you can measure it.

**Achievable:** Is your goal achievable, and if short term, is it possible to achieve in the next week? If not, think about breaking it down.

**Realistic:** It is best to ensure that your goal is relevant to your life now. Will achieving the goal make a difference to you now? If not, try to adapt it so it is.

**Time bound:** Try to set a time by which you want to achieve your goal. If short-term, this may be within the next week or two. Remember to set the start time/date too!

**Emotional:** Do you 'feel' this goal and the change it could make for you? Does it excite you or make you feel a little uncomfortable - in a positive way?

**Rewarding:** How do you hope to feel once you have reached your goal? How will you celebrate?