

# SMART Goal Setting and Success

So, you've made the decision to improve your health through nutrition or physical activity. Now what? Having vague goals such as "eating healthier" or "exercising more" are less likely to be accomplished because there is no clear plan or way to measure your progress. Make success more likely by creating SMART goals.

**Specific:** State exactly what you want to accomplish. Define as many of the what, when, and how details as possible. Instead of saying, "I'll start going to the gym," say, "I will go to the gym from 7:30-8:30 on Monday, Wednesday, and Friday mornings before breakfast."

**Measurable:** Find a way to keep track of your progress. A journal recording new healthy recipes you've tried, or a step tracker could be useful. This will help you hold yourself accountable.

**Attainable/Achievable:** Make sure your goals are reasonable. If you cannot swim well, don't make your goal to swim for 30 minutes a day. Try walking or jogging instead.

**Realistic:** Set a goal that is relevant to your life! Try something that is challenging, but not impossible. Consider family, responsibilities, commitments, work, and personal health when choosing a goal.

**Time-bound:** A goal cannot be without a start and end date. Give yourself time but set a deadline. If you are trying to increase your physical fitness, a goal could be to run one mile without stopping by the end of next month.

Let's try it out!

A SMART Goal: "Starting next Monday, I will walk two miles at 7am on Mondays, Wednesdays, Fridays, and Saturdays before I go to work."

This goal is specific, measurable, attainable, realistic, and time-bound. Now it's your turn! What is your SMART goal?



You are here and you are committing to progress.

**Assess** - Evaluate current habits and think about how you would like things to be different.

**Purpose** - Find your why and your reason for wanting to make a healthy change.

**Prioritize** - What do you need to do to make this a priority in your life?

**Mindset** - Determine how you will choose to think about your change efforts.

**Game Plan** - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

**Action** - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

**Reflect** - Think back on what you accomplished and what you learned from the experience.

**Improve** - Continue to progress and consider using this strategy to improve in another area of your life.

**Lead** - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.