S.M.A.R.T. GOALS

SPECIFIC > MEASURABLE > ATTAINABLE > RELEVANT > TIMELY

Not all habits are bad. The habit of setting goals for yourself can have a positive influence on your life. And setting attainable goals that are a healthy part of your daily routine can be a pretty SMART idea. Use the steps below to get your goals started.

STEP 1 Write down 1 to 3 "umbrella" goals that you would like to work towards.

1. ____________________________________________________
2. ____________________________________________________
3. ____________________________________________________

STEP 2 Break down one goal from the above into a smaller, S.M.A.R.T. goal. Think of the time you will commit, specific days, and how this fits into your current routine.

What? ____________________________________________________

Where? ____________________________________________________

When? ____________________________________________________

How Long? ____________________________________________________

Evaluate: ____________________________________________________

GOAL: ____________________________________________________

STEP 3 Create a couple of "If" situations and corresponding "Then" plans.

If ____________________________________________________

Then ____________________________________________________

If ____________________________________________________

Then ____________________________________________________

STEP 4 Imagine yourself completing the habit. How do you feel?

_______________________________________________________

_______________________________________________________

STEP 5 Identify your "WHY". What will help you stick with this habit daily?

WHY? ____________________________________________________

WHAT? ____________________________________________________

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