

# SMART Goal Setting

Lifestyle behavior you most want to improve

Reasons why you desire change

Barriers/obstacles

Setting realistic short-term behavior goals can help you achieve your long-term goal. Goals should be SMART:

- **Specific**- language must be specific
- **Measurable**- Use numbers that you can track
- **Action-Oriented**- Identify new behaviors/actions you will take
- **Realistic**- You must be both able and willing to achieve the goal
- **Timely**- Give yourself a time frame

## SMART Goal Examples

Vague	I will be more active
<b>SMART</b>	I will walk 30 mins around campus on my lunch break 3 days/week for the next 2 weeks.
Vague	I will eat less sugar
<b>SMART</b>	I will eat a savory, no-sugar-added breakfast 4 days/week for the next week.

My SMART goal

Confidence on a scale from 1-10: \_\_\_\_\_

**If you picked 9-10:** Great!

**If you picked 7-8:** You are confident, but there may be some expected or unexpected barriers. Try making your goal a little more realistic given these barriers so that your confidence level is 9-10.

**If you picked 6 or lower:** It feels much better to succeed at a simpler goal than to fail a goal that is too difficult. Try making your goal more realistic so that your confidence level is at least 8-9.