

## SMART Goal worksheet

An action plan helps you succeed when you are ready to set a goal. Answer the following questions to help you on your way!

### Is it SMART?

#### Specific

What am I going to do? \_\_\_\_\_

How much? \_\_\_\_\_

When am I going to do this? \_\_\_\_\_

How often am I going to do this? \_\_\_\_\_

#### Measurable

How will I keep track of it? \_\_\_\_\_

#### Achievable (and Sustainable)

How confident am I that I can begin, and continue this behaviour? (Rate 1-10)

\_\_\_\_\_

#### Rewarding

What do I like about this goal? \_\_\_\_\_

What will I do to reward myself when I achieve this goal? \_\_\_\_\_

How will I acknowledge my efforts to achieve this goal? \_\_\_\_\_

#### Timeframe

When will I evaluate this goal? \_\_\_\_\_

## Making Changes: Questions for Reflection

1. What makes this goal important to me?
2. What challenges might there be along the way to making this change?
3. What can I do to overcome these challenges?
4. Who and what can support me in making my chosen behaviour happen?
5. How will this behaviour benefit me? (*What's in it for me?*)
6. How difficult do I expect this behaviour to be? (Rate 1- 10) \_\_\_\_\_
7. How enjoyable or rewarding do I expect this behaviour to be? (Rate 1 -10 ) \_\_\_\_\_

## SMART Goal Evaluation

1. Evaluation date \_\_\_\_\_
2. New healthy lifestyle behaviour: \_\_\_\_\_
3. How difficult this behaviour actually was.- (Rate 1-10) \_\_\_\_\_
4. How enjoyable this behaviour actually was.- (Rate 1-10) \_\_\_\_\_
5. Do I want to keep this healthy lifestyle change? \_\_\_\_\_