

Model for Health Living

SMART GOALS WORKSHEET

A SMART goal is:

S = Specific

M = Measurable

A = Actionable

R = Realistic

T = Time-bound

Goals that help us make healthier choices, and develop them into habits, meet these descriptions.

1. In what area of the Model for Healthy Living would you like to develop a healthier habit?

2. Describe the habit you'd like to replace. (For instance, you might believe you are eating too much fast food, not spending enough time with your kids, watching TV instead of going to the gym, etc.)

3. Now identify one specific behavior that would be the starting point for a new habit that you find desirable in this area of your life. This can be something simple that helps set you on a new path. You are not trying to solve every challenge in one goal. It could be as simple as drinking more water instead of soda, getting up 15 minutes earlier, or checking in with a friend.

4. Evaluate the specific behavior you have selected. What would make it measurable, actionable, and realistic? Remember, don't set a goal so extreme that you set yourself up for failure. Set yourself up for success first, and then move the goal when you're ready.

5. Write a statement about your goal that meets all the qualifications of a SMART goal.

Specific: what will you do?

Measurable: how will you know you did it?

Actionable: can you achieve this behavior?

Realistic: is this goal realistic within the demands of your life?

Time-bound: for how long will you carry out this new behavior before you re-evaluate?

