

SMART GOAL

Set a goal with the SMART structure to set yourself up for success!

S	Specific What exactly do I want to accomplish? (Specific and narrow).	Example: I will lose 5 pounds
M	Measurable How will I tell that it is accomplished? (Evidence that prove the achievement).	Example: my weight will be 145 lbs
A	Achievable Actions to take to achieve the goal. (Make sure the goal could be reasonably achieved).	Example: eating 1700 calories per day and walking 40 minutes per day
R	Relevant Does this seem worthwhile? (The goal should be important to you and align with your long term objectives).	Example: it will help me to regain confidence
T	Time-based When should the goal be accomplished? (Realistic end-date for the goal achievement).	Example: by the 31st of December

Fully formulated SMART goal: _____

Example: I will lose 5 pounds by the 31st of December by eating 1700 calories per day and walking 40 minutes per day which will make my weight 145 lbs and will help me to regain confidence

Using Smart

Padhraic Smyth



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