BRAINSTORMING SESH for creating SMART Goals!

- ☆ Which barrier is having the greatest impact on your health today?
  - ▪ *Think*: how often and how serious is this issue impacting my
    - o daily life
    - o the future I want
    - o my personal values
- ☆ Jot a list of goals down
- ☆ Rank goals in order of importance
  - ▪ *Think*: "If I were to achieve the goals on this list which would have the greatest impact on my health?"
- ☆ Narrow it down to one specific problem
  - ▪ *Think*: Is it…
    - o Objective
    - o Current
    - o Specific
    - o Solvable
- ☆ Break large problems into small steps
- ☆ Explore areas of strength/challenge related to the problem
- ☆ Goal should be:
  - ▪ Realistic-can reasonably be completed
  - ▪ Clear-exactly what steps to take identified
  - ▪ Not too easy, not too hard-challenging but not impossible or too global
  - ▪ Clear end point-set time for when it's completed

SMART GOAL EXAMPLES:

SPECIFIC	- Describe your goal, and be as specific as possible - Who, what, where, when, why, and how? - Example: *My goal is to drink 6 cups of water every day.*
MEASURABLE	- How can you track your progress? - How will you know when you've completed your goal? - Example: *I will track my progress by logging how many glasses of water I drink each day on my cell phone or in my planner.*
ATTAINABLE	- Is this goal realistic? - Who can help you? How can they help? - Example: *I will achieve this goal by keeping a clear water bottle with me, so I can tell how much water I have drank, and I will also set alarms throughout the day to remind myself to drink!*
RELEVANT	- How does this goal fit into your life right now? - Is this goal worth accomplishing? How is it meaningful to you? - How does this goal fit into your larger objectives? *This goal will help me to be healthier and will also help with my energy levels and skin!*
TIME-BOUND	☐ When will you achieve your goal? ☐ How will you track progress? ☐ Example: *I will be drinking 8 cups of water per day consistently by February 15th!*

SMART Goal

Initial Goal	Write your goal here.
S Specific	Your goal should be well defined, detailed and clear.
M Measurable	Is your goal measurable? You should be able to tell when you reach your goal.
A Achievable	Can you reach the goal, taking into account your available time, skills, and financial status?
R Relevant	Is this goal worth accomplishing? How is it meaningful to you?
T Timely	Set a start and finish date for your goal. Start Date: _____Finish Date_____
SMART Goal	Revise your goal based on the answers to the questions above.