SMART Goals

Use the SMART Goal format when goal setting to ensure you set yourself up for success! When you make your goals SMART, you think through what will help you successfully achieve your goal. Work through a goal you want to accomplish with this SMART goals worksheet.

Goal: _____

Specific

Your goal needs to be as specific as possible. For example, a simple goal of "Get Healthy" can be viewed in many different ways. But a goal of "I want to improve my health by improving my eating habits and eating more servings of fruit and vegetables each day" is specific.

Make your goal specific: _____

Measurable

Your goal needs to be measurable. Suppose your goal is to improve your health by improving your eating habits by eating more fruit and vegetables each day. In this case, your progress can be measured by assigning specific quantities of fruits and vegetables per day. Adding a tangible measurement to your goal helps you to recognize whether or not you accomplished your goal.

Tangible measurement for your goal: _____

Actionable

Actionable means that your goal is appropriate and possible for you to accomplish. It challenges you in a good way. Think of how you will ensure you meet your goal – what action steps are necessary? List some actions step you can take to accomplish your goal.

_____   _____

_____   _____

Relevant

Your goal needs to be relevant to your overall objective of improving your health. Make sure that your short-term goals align with your long-term goals and the objectives you want to achieve.

Short - term goal: _____

Long - term goal: _____

Objectives you want to achieve: _____

Time Bound

Tie your goal to an achievable timeline. By developing an achievable timeline, you can track your progress while also keeping yourself motivated. When reaching your goal deadline, you can reevaluate your goal to determine how you will change to continue to progress. For example, "I will eat 2 servings of vegetables and 2 servings of fruit daily for the next 3 weeks."

Goal timeline: _____

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877-223-2350 | info@connectcare3.com