

MY WELLNESS SMART GOAL



Name: _____ Date: _____

My pillar focus from the quiz: Sleep | Stress | Nutrition | Movement

S — SPECIFIC

What exactly do I want to do? The more specific, the better.

Vague goals get vague results.

Instead of: "I want to eat better" or "I want to exercise more"

Ask yourself: What will I do? When will I do it? Where will I do it?

My specific goal is:

M — MEASURABLE

How will I know I am making progress? How will I know when I have succeeded?

Ask yourself: What does success look like? What can I track or count?

I will measure my progress by:

I will know I have achieved my goal when:

A — ACHIEVABLE

Is this realistic for my life right now? Not perfect conditions — actual current conditions.

Ask yourself: Do I have the time, resources and ability to do this? What might get in the way?

Is your goal achievable:

The biggest obstacle I might face is:

If that happens, my plan is:

R — RELEVANT

Why does this actually matter to me?

Ask yourself: Why is this goal important right now? How will achieving it change how I feel or function?

This goal matters to me because:

When I achieve this goal I will feel:

T — TIME-BOUND

When will I start? When will I review my progress? Deadlines create action.

Ask yourself: When exactly am I starting? When will I check in on how it is going?

I will start on: _____

My first small step — today or tomorrow — is:

I will check in with myself on: _____

I want to achieve this goal by: _____

MY COMPLETE SMART GOAL

Write it out as one clear sentence using everything above

In the next _____ weeks I will

I will measure this by _____

and I will achieve it by _____