

The Key to Setting goals You Will Actually Meet is - Developing **SMART** goals

- S** (Specific) – not vague
- M** (Measurable) – attach a number
- A** (Attainable) – break a task into small pieces
- R** (Realistic) – identify what may stop you
- T** (Time Bound) – set a date



Specific – the more exact a goal is, the better it is. Try to think about and identify exactly what you want to do, with who, when and where. Pick a specific time when you think you are most likely to be able to achieve your task. If you have to adjust it, that's ok, but start with a time in mind. You should be able to clearly answer yes or no to whether you met a goal that is specific enough.

Weak Goals – “Exercise more”, “walk regularly”, “start being active”

Strong Goal – “Walk to the post office with my spouse each morning after breakfast”

Measurable – Include a number. Ask yourself how much, how many or how often.

This lets you know when you've reached your goal!

Weak Goals – “Drink more water”, “cut back on pop”, “avoid juice”

Strong Goal – “Drink 1 glass of water with every meal”

Attainable – A goal that is too big is optimistic but should be broken down into smaller elements. This makes it easier to tell if you are on track or if your plan needs adjusting.

Weak Goals – “cut out salt”, “cook meals from scratch”, “avoid sugar”

Strong Goal – “decrease processed foods to 1 per meal”

Realistic – Try to predict ahead of time what barriers are going to stop you from reaching your goal – whether it's something big like a busy schedule, cost, lack of support from family or something small like not liking your shoes. Think ahead of what will trip you up and then plan around it.

Barrier – poor weather - **REALISTIC SOLUTION** – when it's raining, I will plan to walk laps around the house.

Barrier – I'll forget – **REALISTIC SOLUTION** – I will set an alarm to remind me that it's time for my deep breathing exercises

Time-bound – Set a time frame, or a target date. Then, write it down on a calendar or tell someone. This commitment makes a huge difference to whether you follow through, especially if it's going to be a tough goal for you?