

Goal Setting

Setting a goal can help you move forward and achieve positive change.

SMART goals are achievable.

S - specific	Is your goal focused on one action? e.g. I want to improve my fitness level by walking.
M - measurable	Have you included details you can measure? e.g. I want to walk 30 minutes each day.
A - attainable	Have you allowed enough time and set yourself up for success? e.g. Over the next month, a co-worker and I will walk at lunch.
R - realistic	Is your goal practical given your other life responsibilities? e.g. I can walk 15 minutes at lunch and 15 minutes when I get home in the evening.
T - time oriented	Have you set a deadline to meet your goal? e.g. By the end of this month.
SMART Goal:	I will be walking 30 minutes every day by the end of this month.

Questions to think about:

1. What is one strength you have that can help meet your goal?
2. What is one barrier that might hold you back?
3. What supports are available to help you achieve your goal?

accountforhealth.ca