

# S.M.A.R.T. GOALS FOR WELLNESS



Research has shown that writing down our goals makes us more likely to achieve them.

The S.M.A.R.T. acronym can be used to frame your wellness goals in a flexible way by allowing you to choose the word that best aligns with what you want to accomplish with the goal.

S	M	A	R	T
Specific	Measurable	Achievable	Realistic	Timely
Significant	Meaningful	Agreed Upon	Relevant	Time-based
Stretching	Motivational	Attainable	Reasonable	Time-bound
		Acceptable	Rewarding	Tangible
		Action-oriented	Results-oriented	Trackable

The table above shows the many variations of the S.M.A.R.T. acronym. Below is an example of how to use this approach with a few of the terms:

- S (Specific)**                      Make your goal as specific as possible.
- M (Measurable)**                Quantifying your goal gives you a way to track your progress
- A (Agreed Upon)**                Does everyone involved with the goal agree?
- R (Realistic)**                      Given your resources (time, money, etc.), can you accomplish it?
- T (Time-based)**                    When do you want to achieve your goal by?

**Goal** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Start Date:** \_\_\_\_\_ **Goal Date:** \_\_\_\_\_

Identify which terms best describe your goal:

S
M
A
R
T