

SMART Goal Setting

Setting realistic short-term behavior goals can help you achieve your long-term plans. To do this effectively, you must be aware of the critical difference between having **dreams** vs. having **goals**. Dreams are vague, non-specific, and often lead to frustration and setbacks. Goals are specific, measurable, action oriented, realistic, and have a timeframe for completion (aka "S.M.A.R.T.").

<u>Specific</u>	<u>Measurable</u>	<u>Action-Oriented</u>	<u>Realistic</u>	<u>Timely</u>
The language you use must not be vague	Use numbers that you can track to determine progress	List the new behaviors/actions you will take	Must not be unrealistic given the realities of life	Give yourself a timeframe to accomplish

You should be able to describe your SMART Goals to 10 strangers on the street and have **all** of them agree on what your goals are. **If even one of them disagrees**, your goals lack one or more of the SMART components!

<u>Vague</u>		<u>Specific</u>
"I will be more active."	→	"I will walk 30 minutes around campus on my lunch break 3 days/week for the next 2 weeks."
"I will eat less sugar."	→	"I will eat a savory, no-sugar-added breakfast 4 days per week for the next week."

1. What change do you want to make? _____

2. Why is this important to you? _____

3. What can get in the way of making this change "stick"? _____

4. Using this information, write out your SMART Goal: _____

5. Rate how confident you are (on a scale of 1-10) that you can achieve this goal? _____

- ✓ **If you picked 9-10:** Excellent, well done!
- ✓ **If you picked 7-8:** You are confident, but there may be some expected or unexpected barriers. Try making your goal a little more realistic given these barriers so that your confidence level is 9-10.
- ✓ **If you picked 6 or lower:** It feels much better to succeed at a simpler goal than to fail a goal that is too difficult. Try making your goal more realistic so that your confidence level is at least 8-9.