

# Setting SMART Goals

SMART Goals is a structured goal-setting method that helps individuals create clear, actionable objectives. **SMART Goals helps you break down larger tasks into manageable steps, making them less overwhelming.** This structured approach can also enhance motivation, improve focus, and provide a sense of accomplishment.

# S

Specific

**What is your goal?** Write down exactly what you want to achieve. Be clear and detailed about what you expect to accomplish.

*Example: "I will go for a 10-minute walk in my neighborhood every morning."*

# M

Measurable

**How will you measure your progress?** Determine how you will track your progress and know when you have achieved your goal.

*Example: "I will track my daily walks in a journal and aim to complete at least 5 walks per week."*

# A

Achievable

**Is your goal realistic? What steps can you take to make your goal achievable?** Break down your goal into smaller, manageable tasks.

*Example: "I will start with a 10-minute walk and gradually increase the duration by 5 minutes each week, aiming for a 30-minute walk by the end of the month."*

# R

Relevant

**Does this goal align with your broader objectives?** Ensure that your goal is relevant and meaningful to your overall life or career goals. Reflect on the value and impact of achieving this goal.

*Example: "I will focus on walking because physical activity has been shown to improve mood and reduce symptoms of depression."*

# T

Time-Bound

**What is your deadline for achieving this goal?** Set a specific date by which you plan to achieve your goal. Identify immediate actions you can take to begin your progress.

*Example: "I will achieve my goal of walking 30 minutes every day by the end of the next 4 weeks."*



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Use the following to set your own SMART Goals as part of your healthy New Year's resolutions.

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**M****Measurable**

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