

SMART Goals Worksheet

1. **What is your ultimate goal?** *Example: My ultimate goal is to eat healthier.*

2. **Why is this goal deeply important to you? Which of your values are associated with this goal?**

Example: Eating healthier is important to me because I want to live longer and keep my body nourished and resilient as I age.

3. **Set your SMART objective.**

S

SPECIFIC

What am I going to do in order to reach my goal? How am I going to do it?

*Example: I will **eat vegetables every day.***

M

MEASURABLE

How will I know that I have reached my goal?

*Example: I will eat **five servings** of vegetables per day.*

A

ATTAINABLE

Can I see myself achieving this goal? Can I break it down into manageable pieces?

*Example: **Is eating five servings of vegetables per day attainable for me, given my work schedule, proximity to a grocery store, commitments with my kids or family members, etc.?***

R

REALISTIC

Is the goal too difficult to reach? Too easy?

*Example: **Eating twenty servings of vegetables every day would be unrealistic for anyone, but five servings is much more reasonable.***

T

TIMELY

What is my target date for reaching my goal?

*Example: I will eat five servings of vegetables every day **for a month** (if that feels realistic and attainable).*