Start with the End in Mind—Setting SMART Goals

- Where Do I Want to Be In 8 weeks??
- How Will I Get There?

The beginning of a challenge is a great time to think about the results you want and make some SMART GOALS to get you there. Jot some short answers down to the following questions to paint a picture of a HEALTHIER YOU.

- What would you look and feel like at your ideal level of wellness?

- What are your most important elements of your vision? How will they motivate you and keep you on track?

- What have been your best experiences with good health—how did you feel and what could you accomplish?

- Why is this important to you? What good will come from better health?

Can you write a vision of where you will be in 8 weeks? Here are 2 examples:

In 8 weeks, I will be exercising 4 times a week and eating at least 3 servings a fruits and vegetables daily. I will have more energy to spend time with my family. I will have one new positive stress release and I will be ready to continue my program through the holidays.

In 8 weeks, I will be sleeping 8 hours most nights of the week and will only be drinking 2 cups of caffeinated beverages a day. I will have the energy to work productively. I want to be a role model to my family.

Write your 8 week vision here:

To answer the question of “How Do I Get There?” let’s look at making a goal that is

S—Specific

M-Measurable

A-Action-based (behavior not outcome)

R-Realistic

T-Time-lined

Let’s make the goal, “I want to walk more” SMART

The more SPECIFIC a goal, the greater chance of success. Answer these questions to be specific:
Just like making a cake requires measures like a cup or a teaspoon, a goal that is **MEASURABLE** will be more likely to be successful.

An **ACTION-BASED** goal involves ACTION—not an outcome. Weight loss, having more energy, sleeping better are outcomes. Walking for 20 minutes, limiting caffeine to 2 cups, eating 5 fruits and vegetables and going to bed by 9 pm are actions.

*Action defines your plan*

A goal is **REALISTIC** if you can attain it 70% of the time (but this will “stretch you”).

- This is NOT a synonym for easy
- It is not realistic for a night owl to set a goal to exercise at 6 AM
- It is realistic to set a goal to eat 1-2 fruits and vegetables a day if you think French fries are a vegetable (but not realistic to set a goal of 3/day).

*Make your goals REALISTIC for YOU*

So making the goal “I want to walk more” **SMART** might be:

**I will walk for 20 minutes of my lunch hour on Mon/Wed/Fri and I will my dogs on Saturday morning for 30 minutes**

Here are some other examples of **SMART weekly** goals that might help the walking:

I will bring my extra tennis shoes and a hat to leave at work.

I will download the walking route from [http://www.depts.ttu.edu/recsports/fitwell/running.php](http://www.depts.ttu.edu/recsports/fitwell/running.php)

Instead of saying, I will eat better, replace it with SMART goals such as:

I will buy 3 extra pieces of fruit at the grocery store.

I will bring a piece of fruit on Tuesday, Thursday and Friday this week and have a healthy work break at 10 am.

**Make a list 2 SMART goals for this week:**

1. 

2. 

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