

Finding Your Own Way



Use the following worksheet to help you set a **SMART** goal.

1. **Why** do YOU want to adopt a healthier lifestyle?

I want to improve my health because

2. **Where** are you going to start? What was your top choice on the *Readiness to Change* worksheet?

I will begin by making a change in the area of

Set a SMART goal



S = specific
M = measurable
A = attainable
R = realistic and relevant
T = time bound

3. **What** do you want to accomplish? What is your goal? Is it SMART?

In the area selected in #2 above, I would like to accomplish the following:

4. **How** are you going to do to reach this goal?

During the next week, then month, I will do the following:

5. **When** are you going to start?

Create a schedule for this next week.

| Activity | Day of the week | Time of day |
|----------|-----------------|-------------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

6. **Who** can help you?

I am going to ask for help from the following people:

7. **How** will you maintain this change over time? What barriers will interfere with your efforts to maintain the change? What kinds of strengths, supports and rewards will help combat those barriers?

| Barriers | Solutions |
|----------|-----------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

References

Kemper, D. W., J. Giuffré, and G. Drabinski. *Pathways: A Success Guide for a Healthy Life*. Boise, Idaho: Healthwise, Inc., 1985.

Gordon, Gail. "A Goal Setting Lesson", *Money 2000 and Beyond*. University of Wyoming Cooperative Extension, 1999.