

SMART Goals

What is your wellbeing goal?

Ask yourself, or ask a peer to ask you, how SMART your goal is. Is your goal:

Specific: Yes / No What exactly do you want to accomplish? Be specific about when, what, how often, etc.

Measurable: Yes / No Can you measure your progress and know if you've successfully met your goal? How? (e.g. calendar, diary, phone, vision board, etc)

Achievable: Yes / No How confident are you in achieving your specific goal? Rate your confidence:

1 2 3 4 5 6 7 8 9 10
Not at all confident *Very confident*

Why did you rate yourself as this number?

Relevant: Yes / No What is the motivation for this goal? Which of your values does it align with?

How important is this goal to you?

1 2 3 4 5 6 7 8 9 10
Not at all important *Very important*

Why did you rate yourself as this number?

Time-frame: Yes / No What's the deadline? Is it realistic?

Now, can you make your goal even SMARTER?

Enjoyable: Yes / No Will you enjoy it? Why?

Rewarding: Yes / No How will you celebrate your achievements along the way?

My refined Wellbeing Goal is: _____

