

<p>Start by writing the draft version of your goal here.</p> <p>Then, make it SMART by working your way across the worksheet.</p>	<p>S</p> <p>My goal is specific. <i>I will do the these specific things at these specific intervals:</i></p>	<p>M</p> <p>I can measure my goal, and this is how I will measure it (e.g. <i>I will track the number of times I go for a walk on my wall calendar or with an app on my phone.</i>)</p>	<p>A</p> <p>Is it attainable? <i>If I need supports to achieve this goal, what are they? Have I put these supports in place?</i></p>	<p>R</p> <p>Is this goal realistic? <i>Can I achieve this in the amount of time I have allocated? Is my plan going to work in real life (my real life)?</i></p>	<p>T</p> <p>Is this goal time-limited? <i>Have I determined when I expect to achieve my goal?</i></p>	<p>Is this a SMART goal?</p> <p><i>If so, when do I start?</i></p> <p><i>If not, what do I need to do to make it SMART?</i></p>

My SMART goal: