MY SMART GOAL

Characteristics of effective goal setting follow the acronym SMART. These stand for:

Specific Your goal should be clear and concise. It is difficult to know when action toward a goal has been started and when it has been completed if it is not specific.

Measurable Your goal should be measurable so you can track their progress. You need to have clear criteria for progress and completion when taking action on a goal. Keeping tabs on progress can be inspiring.

Action-Oriented Your goal should include action. And, that action should be directly in your control. A goal that involves other people changing their behavior does not fully meet the criteria of being action-oriented.

Realistic Your goal should be largely within your reach. It is best to work on small lifestyle/behavior changes that are doable. Avoid the pitfalls of only seeing the big picture and not the small steps.

Timed Your goal should be tied to a timetable for completing specific, measurable, and realistic action.

SET YOUR SMART GOAL:

- *How is this specific?*

- *How is this measureable?*

- *How is this action-oriented?*

- *How is this realistic?*

- *How is this timed?*

MY WELLBEING SATISFACTION SCALE

These seven areas are core to sustaining your health and wellbeing. Based on how you feel today, rate your satisfaction from 1–10 (with 1 being least satisfied; 10 being most satisfied) in the following areas of your life.

_____ **Sleep** *I consistently get adequate, restful sleep.*

_____ **Movement** *I enjoy moving my body and am regularly active.*

_____ **Nutrition** *I eat whole, non-processed, nutritious foods.*

_____ **Relationships** *I interact respectfully with myself and others.*

_____ **Resiliency** *I actively try to reduce stress.*

_____ **Spirituality** *I hold values and beliefs about myself and the world.*

_____ **Environment** *I manage my physical surroundings.*

PRIORITIZE	IMPROVE	MAINTAIN
List areas ranked 4 or lower (list lowest ranking area first)	List areas ranked 5–7 (list lowest ranking area first)	List areas ranked 8–10 (list lowest ranking area first)

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