

SMART Goal Setting

Setting realistic goals is the key to success. But it is not enough to say, "I want to get into shape". Effective and realistic goals are **Specific, Measurable, Attainable, Reward-based** and have a **Time** frame. All your goals must be clear, easy to measure and have a deadline. But don't stop there. Successful goal setting requires two more things. Be prepared to reassess and reevaluate your goals on a regular basis and reward yourself once you have achieved a goal. For example, treat yourself to a massage, a new outfit or a trip. Then set your sights on the next goal.

Secondly, sometimes, when starting an exercise or nutrition program, we can get overzealous and decide to change a million things all at once. It soon becomes clear that you have taken on too much and it becomes almost impossible to succeed at anything. To avoid this, you need to determine what is most important to you and focus on that first. Once you have got that under control, you can move on to your next goal.

Finally, if you are undertaking a major lifestyle change, the big picture may be a bit overwhelming. Take the big goal and split it into small, easily achievable goals. This is realistic. It will help you succeed on a regular basis and that will give you the momentum you need to reach the ultimate goal.

Record your top one to two goals and break them down into smaller goals and action steps.

SMART Goal #1:

- Action Step #1:
- Action Step #2:
- Action Step #3:
- Action Step #4:
- Action Step #5:

SMART Goal #2:

- Action Step #1:
- Action Step #2:
- Action Step #3:
- Action Step #4:
- Action Step #5:

