

Goal setting can help you change your lifestyle to improve your health. If you set a specific (or detailed) goal, you are more likely to achieve your goal. Specific goals are often called “SMART” goals.

What is a SMART goal?

Specific – clearly state what you are going to do. Your goal should answer the questions how, what, when, and where.

Measureable – Your goal should answer questions like how much and how many. This will help you measure your progress toward your goal.

Attainable – Choose a goal you can achieve. Start with small changes. You can always change your goal later to make it harder.

Rewarding – The goal should make you feel good when you achieve it. If you think your goal is worthwhile then you will be more likely to succeed. Your goals should be set by you and not by someone else.

Timely – Give yourself a time frame to reach your goals. You may set a short-term goal (for example, 1 week) and a long-term goal (for example, 1 month).

Tips for setting goals

- Write your goals on paper. People who write down their goals are more likely to achieve them.
- Change is hard. Start with one or two goals to increase your chances of success.

SMART goals are goals that are right for you. Read the chart below to learn how to set a SMART goal.

Description		Example
S	Specific Describe your goal clearly?	I will drink 2L of water/day
M	Measurable How will you track this?	I will aim for 2 x 500ml bottles by lunch and 2x 500ml bottles by bedtime.
A	Attainable Can you meet this goal?	Yes, I will start with 1 x 500ml bottle in morning, and 1 x 500ml bottle by bedtime. I will work towards then adding an extra 500 mL by lunch and 500 mL by bedtime for a total of 2 L. I will also set an alarm mid-morning and mid-afternoon to cue myself to drink.
R	Rewarding Is this goal meaningful or rewarding to me?	Yes, I will see many health benefits from increasing my water intake such as increased energy, improved digestion, and better weight management.
T	Timeline Is my timeline doable? How long will it take me to reach this goal?	Yes, I would like to reach my goal in 2 months.

Use this as a tool to help you set your goals.

For each SMART goal you set, choose a goal that focuses on doing the **activity** (such as journaling), rather than the **result** (such as achieving a healthier lifestyle).

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M	Measurable How will you track this?	
A	Attainable Can you meet this goal?	
R	Rewarding Is this goal meaningful or rewarding to me?	
T	Timeline Is my timeline doable? How long will it take me to reach this goal?	

Write down the names of people you can ask to support the changes you are making.

Write down the things that could make it hard for you to achieve your goal.

Write down some ideas for how you can manage these difficulties.

Write down why you are making a healthy lifestyle changes. Read this when you feel like giving up on your goal.
