

# Setting SMART Goals

The research shows that specific and challenging goals lead to better performance (Locke, 1968). In this lesson we will be working on designing a plan and creating SMART goals to help us achieve a healthier lifestyle.



You goal should be as specific as possible and answer the questions: **What** is your goal? **How** often or how much? **Where** will it take place?



**How** will you measure your goal? Measurement will give you **specific feedback** and hold you accountable.



Goals should push you, but it is important that they are **achievable**. Are your goals attainable?



Is your **goal and timeframe realistic** for the goal you have established?



Do you have a **timeframe** listed in your SMART goal? This helps you be **accountable** and helps in **motivation**.

## NOT a SMART Example

I will eat better this week.  
*What does better mean?  
Better than what?*

*How do you measure better?? How will you know you're eating better?*

OK, I'll be more specific and measurable – I will eat salad every day for lunch.  
*If you've never eaten salad for lunch, is every day achievable?*

*Do you have salad at home? Do you have time to go to the store or does your work cafeteria have a salad bar?*

I might be able to do this within the next month or so.  
*What can you accomplish this week?*

## SMART EXAMPLE:

I will eat **one cup of spinach** for dinner **three nights** this week. [I eat none now]

I will **measure the spinach** and **check off** that I ate it each day.

It might be tough on the nights that I am not home for dinner; I will plan to have a salad on the nights I'm out.

I will buy a bag of pre-washed spinach to make it easy and doable.

Three nights between today and next week's group meeting