

“You can’t stop the waves, but you can learn to surf” ~ Jon Kabat-Zinn

Health Coaching

Riding the Aging Wave

SMART Goalsetting Practice

SMART Goal Setting - PRACTICE

- **S**pecific
- **M**easurable
- **A**ttainable
- **R**elevant
- **T**ime Bounded

Goal Setting –SMART Examples

“I will complete the local town’s November 10k for Breast Cancer awareness to support my sister and I will prepare by walking 3x a week in the morning for the next 6 months, each day I will add on an additional 1/4 mile until I reach 10K”

“I will cook at least 4 meals for dinner because I have more control of the preparation and portion sizes and will do this by planning recipes and grocery list on Sunday and shopping on Monday. I will do this for the next 4 weeks to access if it’s realistically working and adjust as needed.”

“I will focus on my sleep because it will allow me to have more energy and focus for my family and work. I will go to sleep by 10pm at least 4 days a week. I will do this for the next 4 weeks to access if it’s realistically working and adjust as needed.”

SMART Goal Setting – YOUR TURN!

Take a few minutes to pause, think back on a recent client you worked with to create a goal or create a brand new one for yourself.

Using the SMART process, re-write or write the goal ensuring it includes: Specific, Measurable, Attainable, Relevant and Time-Bounded elements.

SMART Goal Setting – YOUR TURN!

GET TACTICAL: USE THIS TO BREAK DOWN EACH SECTION

SPECIFIC:

MEASURABLE:

ATTAINABLE:

RELEVANT:

TIME-BOUNDED:

SMART Goal Setting – FINAL VERSION

WRITE OUT YOUR FINAL VERSION BELOW:
