

SMART Goal Setting

January 2021

S-Specific

Being specific helps incorporate the method into the goal, not just the outcome.

"I will run 30 minutes, 4 times a week" ✓

"I will lose weight" X

M-Measurable

Adding measurable or quantifiable benchmarks to your goal displays clear progress while working towards your goal.

A-Attainable

Break larger goals into smaller goals and build up progression towards your objective.

Be ambitious but realistic.

R-Relevant

The goal must come from within. If you aren't inspired to succeed then obstacles will be hard to overcome.

T-Time Bound

When do you want to achieve this goal by? Set a date for the end goal, as well as dates for checkpoints to look at progress.

LFR M.E.D.S.

Effectively Setting and Achieving Goals

With it being the New Year (good riddance 2020), comes the list of New Years resolutions that may be the same list that you have made for the last five years... If you feel personally attacked by this comment, this might just be the advice you need to help succeed in 2021.

By setting SMART goals, intentions are better defined and implemented, which helps build habits and change behavior more effectively. This method is often used in healthcare settings, however can be used in other settings such as business, finance, or education as it helps create a sense of ownership while trying to make important changes.



- Set aside half an hour for yourself to organize your thoughts and intentions.
- By following the SMART goal setting method you will set yourself up for success by clearly defining your goal and putting more detail and direction in your plan.
- Write down your plan so that you do not forget it and keep it where you can see it daily as a reminder.
- Share your goals with friends and family so that they can help keep you accountable.
- There will be obstacles along the way, if you cannot work through it, no worries, re-adjust your goals and get back after it!