

**Make SMART Goals!**

- **S** - Specific (or Significant).
- **M** - Measurable (or Meaningful).
- **A** - Attainable (or Action-Oriented).
- **R** - Relevant (or Rewarding).
- **T** - Time-bound (or Trackable).

**SMART GOAL EXAMPLES:**

I WILL take a walk outside three days this week for 20 minutes each day.

I WILL drink 8 glasses of water a day.

I WILL write out, or draw out how I feel, or what I am thinking three times this week.

**MY SMART GOALS**

I WILL \_\_\_\_\_

\_\_\_\_\_

BARRIERS: \_\_\_\_\_

SOLUTIONS: \_\_\_\_\_

I WILL \_\_\_\_\_

\_\_\_\_\_

BARRIERS: \_\_\_\_\_

SOLUTIONS: \_\_\_\_\_

I WILL \_\_\_\_\_

\_\_\_\_\_

BARRIERS: \_\_\_\_\_

SOLUTIONS: \_\_\_\_\_

SIGNED BY: \_\_\_\_\_

WITNESSED BY: \_\_\_\_\_

	AM	PM
SUNDAY		
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		