Goal Setting

Tips on Setting a SMART Goal
Be Specific
It's been said that vague goals produce vague results. This statement emphasizes the importance of including the proper amount of details when setting a goal. To accomplish this task make sure you start by asking yourself the following questions:

- What – What do I plan to do?
- When – By when do I want to accomplish my goal?
- How – How am I going to achieve this goal?

Make it Measurable
If you can't measure it, you can't manage it. A goal of "walk more" wouldn't provide the user with anything to measure, whereas "walk 30mins. 2x per day" will provide the user with data that can be measured against their goals to see what they've accomplished.

Adjust When Necessary
Allow room for flexibility. Too many constraints will lead to frustration. Modify and adjust your goals as needed but be sure to continue moving forward. Expect obstacles and setbacks such as vacations, holidays, and people keeping you from achieving your goals.

Be Realistic
Your goal must be realistic and focused on what you expect and want for yourself. Make sure your goal is possible, practical and worth pursuing but remember to also make it challenging. Be sure to take into account your CURRENT abilities and circumstances along with personal factors (for example tiredness and other commitments) that might make your goal more difficult to accomplish

Time Based
Your goal should be placed within a time frame. This will help create a sense of urgency.

Step 1: Set your goals and target dates
Decide what you want to achieve and when you want to achieve it.

Step 2: Set your tasks (How are you going to achieve this goal?)
Break your goal into small manageable tasks.