SMART Goal-Setting

Elements of a “SMART” goal

- **Specific** – Identify a very specific behavior to change.
- **Measurable** – Set a goal in a way that you can track your progress
- **Attainable** – Set a goal that you can realistically meet right now
- **Relevant** – Make sure the goal is important to you and what you value
- **Time-framed** – Set a goal that has a specific time frame to be completed, ideally something you can achieve this week!

Things to decide when setting your goal

- What is the **specific** behavior you will engage in? This is something you have control over and can start to do right now. For example, “Go running” is more specific than “Getting in shape.”

  - How often will you do it? How many times per day, week, or month?
  - When you will do it? What days and times of day?
  - How much will you do it? For what amount of time, distance, etc.?
  - Where will you do it?
  - With whom will you do it (if relevant to your goal)?
  - Why does this matter to you?
  - Possible barriers (what might get in the way?), and how will you overcome them?

*If you’re having trouble answering these questions, your goal is likely not specific enough or is not focused on a behavior. Go back and make your goal as specific as possible and make sure it is focused on a behavior that you have direct control over.*

Approved by the NMVAHCS Veteran Health Education Committee 18-09
Selecting a Focus
To improve my health or quality of life, the area of diabetes care I choose to work on is (choose only ONE area):

- Diet
- Physical Activity
- Stress
- Medication Management
- Blood Sugar Testing

Develop a plan for success!

- Specific behavior: ____________________________
- How much / how often: ____________________________
- When: ____________________________
- Where: ____________________________
- With whom: ____________________________
- Why does this matter to you? ____________________________

Barriers (examples: “no time!” “don’t feel like it!”):

1. ____________________________
2. ____________________________
3. ____________________________

How you will overcome these barriers:

1. ____________________________
2. ____________________________
3. ____________________________

My Personal Success Strategies:

To be more successful in achieving my goal I will:

- Track my progress
- Share my goals with important people in my life
- Set reminders to complete goal
- Remind myself of why this goal is important to me
- Reward myself for success
- Other ____________________________