

Task Worksheet – Smart Goal Setting

MY GOAL IS; *(Mary’s goal; to go for a walk for 1 hour at the weekends)*

.....

Why? *(Mary’s answer; I want to be more active to improve my health)*

.....

Is your goal SPECIFIC? *(Mary’s goal; Walk ✓ 1 Hr ✓ weekends ✓)*

.....

Is your goal MEASUREABLE? *(Mary’s goal; 1 hour ✓ weekends ✓)*

.....

Is your goal ACHIEVEABLE?
(How confident are you about achieving this goal? 1-10 Scale)

.....

Is your goal RELEVANT?
(How important is it to you? 1-10 Scale)

.....

Is your goal TIMED?
(When will you achieve it? OR is it a repeatable goal? e.g. – every weekend)

.....

What could stop you from achieving this goal?

.....