

Task Worksheet – Smart Goal Setting

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

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

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

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

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

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

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

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What could stop you from achieving this goal?

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