

# Be S.M.A.R.T.

January 18, 2024



## Concepts Taught

- Discuss the benefits of setting goals that are important yet flexible,
- Learn how to make S.M.A.R.T. goals,
- Practice creating S.M.A.R.T. goals,
- Create one S.M.A.R.T. goal that is important to you to work on for the month.

## Identifying challenges in the past

- Unrealistic goals - too hard or focused too much on long-term rather than short-term
- Setting goals that are not important to you or help you in your long-term vision
- Not identifying the motivation behind the goal. Why are you setting this goal?
- Learn from these challenges and take time to find solutions to these challenges.

## What's your why?

- **Why do you want to achieve this goal?**
  - More self-confidence, ability to keep up with kids or grandkids, live a quality life, breathe easier, more energy better control or prevention of a disease...
- **Who do you want to be? OR How do you see yourself when you've met this goal?**
  - Active parent or grandparent, calm or peaceful, strong or stronger, inspirational to others or helping others achieve similar goals

## Progress! (Not perfection)

- Track your progress on a wall calendar, planner, worksheet, journal, technology so you can see the "big picture" of where you were when you started to where you are now.
- Progress is rarely a straight path or without some bumps. That is ok!
- Celebrate the progress you have made.

## Be flexible

- Goals are meant to be revised and we often get "stuck" because we do not revise goals to meet our needs.
- Take time on a regular basis to review the goal and your progress.
- Ask yourself:
  - What's working? What's not working?
  - Why is this working? Why is this not working?
- This allows you to change the goal based upon your needs while still working on your long-term goal.

## S.M.A.R.T. Goals

- S.M.A.R.T. goals are one way to set a goal that is detailed, can be tracked and allows for flexibility.



- Examples:
  - I will eat 1 cup vegetables at lunch 3 days a week for 2 weeks.
  - I will exercise for 15 minutes two times a week for 3 weeks.
  - I will save \$20 a week for the next 6 months.
- At the end of the set time (e.g. 2 weeks), revise the goal to continue making progress.
  - Example:
    - NOW - I will eat 1 cup vegetables at lunch 5 days per week for 2 weeks.
    - NOW - I will exercise for 15 minutes four times a week for 3 weeks.
    - OR - if you did not meet the goal, revise to meet your needs.
      - MAYBE - I will save \$10 a week for 6 months.