



# Goal Sheet

“One thing at a time, one step at a time, adding up over time”

**Goal setting** is a great way to make lifestyle changes. It works best when goals are realistic, sustainable, and when you keep track of them. Remember, these goals are just for you, so choose something that works with your needs and that is rewarding to you.

A SMART Goal is: **Specific**  
**Measurable**  
**Achievable**  
**Rewarding**  
**Timely**

<b>Goal</b> (be as specific as possible)	<b>Details</b> (timeline, where, how)	<b>Barriers</b> (anticipate challenges)	<b>Steps I will Take</b> (how will you address barriers, what can you do to help make this happen)	<b>Confidence</b> (if less than 7, reassess your goal or the scale of your goal)
I will walk three times a week	During my lunch break, at work, for ten minutes	Bad weather Going alone I can't walk in my office shoes I might forget	I will keep my walking shoes under my desk. It will help remind me. I will ask colleagues to join me If the weather is poor I will walk in the long hallway on the 5th floor for ten minutes	How confident am I that I can reach this goal? 0 - Not at all 1 2 - A little 3 4 5 - Somewhat 6 7 8 - Very 9 10 - Totally



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