

SMART Goal Worksheet

Making healthy lifestyle choices is important for all of us. Our choices can help determine how we feel and function in our everyday lives. One question people with MS and their support partners often ask is how to get started. You may not know what to tackle first. Or, you may be tempted to try and tackle too many changes at once.

This is where SMART GOALS can help set you up for success!

SPECIFIC

What aspect of your wellness do you want to improve and what's your first step?

MEASURABLE

How will you track your progress?

ATTAINABLE

Is your goal reasonable and attainable?

RELEVANT

Is your goal related to your needs and your situation?

TIME-LIMITED

Have you set a specific time timeframe

S

My goal is:

Examples

- I will participate in an online yoga class for thirty minutes, twice a week, for 3 months.
- For the next month, I will stretch for 10 minutes whenever I feel stiff.
- Whenever I crave a candy bar, I will eat a piece of fruit instead.
- We will set aside 10 minutes every day for the next month to connect and check in with each other.
- I will lose 1 pound a week over the next month.

M

I will track my progress by:

Examples

- Keeping a log
- Writing it on the calendar

A

This goal is achievable for me because:

Examples:

- It's within my ability
- I have the appropriate resources available
- I'm not "biting off more than I can chew."

R

This goal is relevant for me because:

Examples:

- It's aligned with my needs, priorities and abilities
- It will help improve my wellness

T

Establishing a time-frame is important because:

Examples:

- I will be able evaluate my progress and tweak my goal if necessary
- I can look forward to achieving my goal and building on my success
- Goals that go on forever are discouraging.