

Activity **2-1**

Name _____ Class/Activity Section _____ Date _____

Identify Your S.M.A.R.T. Goal

By using the information in this chapter on goal setting, identify your **S.M.A.R.T.** goal.

S (Specific):

(Examples: Poor = "I want to look better."; Good = "I am going to increase the muscle definition in my arms.")

M (Measurable):

(Examples: Poor = "I want to try to eat more fruit."; Good = "I will eat 4 servings of fruit every day.")

A (Achievable):

(Examples: Poor = "I will lose 120 pounds."; Good = "I will lose 10 pounds.")

R (Reward):

(Examples: Poor = "For every pound that I lose, I am going to treat myself to a hot fudge sundae."; Good = "For every pound that I lose, I am going to put \$2 in a jar toward the purchase of a new outfit.")

T (Time-defined):

(Examples: Poor = "I want to stop biting my nails." Good = "I will stop biting my nails by spring break.")

Now . . . state your *final, completed goal statement* using all S.M.A.R.T. factors:
(Example: "I will get up at 7:30 A.M. on MWF to do 20 minutes of spiritual reading and journaling, and my reward for sticking with it for a whole month will be to treat myself to a massage.")

Anticipated obstacles, barriers, or high-risk situations:

Strategies for overcoming obstacles, barriers, or high-risk situations: