



SKILLS & STRATEGIES TOOLBOX

Setting SMART Goals

Consider your current level of well-being. Think about any similarities or differences across the 8 Dimensions of Wellness. What behaviors do you want to change to support your well-being? Write your goal in the space below. Also consider what you need in order to successfully achieve this goal.

Healthy Behavior Change Goal:

It can also be helpful to determine ahead of time what you need to successfully achieve your goals.

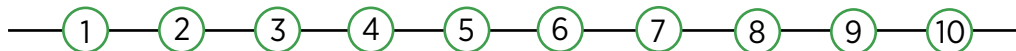
Write your ideas below:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

When setting goals, it is crucial to choose goals that are important in relation to your priorities and values. Your confidence in your ability to achieve a given goal can determine your long-term success. Readiness to make a change influences your desire to take steps towards your goal. Finally, your ability to achieve your goal depends on the amount of control you have over making a change. All of these components are necessary for effective goal-setting.

Use the ruler below to identify where you fall on each of these scales in terms of the health behavior change goal you have chosen. Consider the following questions on a scale from 1 to 10 (1-Low, 10-High):

How IMPORTANT is it for you to change RIGHT NOW?



How CONFIDENT are you that you can change RIGHT NOW?



How READY are you to take steps toward change RIGHT NOW?



How much CONTROL do you have over your ability to make positive change RIGHT NOW?



If you mark yourself low on any of these rulers, adjust the goal you have set for yourself. All of your ratings should be high (between 7-10) for an achievable goal.