

Goal Setting

Goal setting is powerful because it provides focus. The process of setting goals helps you plan steps that will help you reach the outcome you want.

A well-set goal has five important characteristics: It is specific, measurable, achievable, realistic, and time-related (SMART).

Setting Goals

The research shows that specific and challenging goals lead to better performance. In this lesson we will be working on designing a plan and creating SMART goals to help us achieve a healthier lifestyle.



Your goal should be as specific as possible and answer the questions: **What** is your goal? **Where** will it take place?



How will you measure your goal? Measurement will give you **specific feedback** and hold you accountable.



Goals should push you, but it is important that they are **achievable**. Are your goals attainable?



Is your **goal and time-frame realistic** for the goal you have established?



Do you have a **timeframe** listed in your SMART goal? This helps you be **accountable** and helps with **motivation**.

Are you ready to get started on your SMART goals?

DOWNLOAD THE SMART GOALS WORKSHEET (PDF)

<https://mcckc.edu/counseling/docs/SMARTGoalWorksheet.pdf>

Watch this YouTube video further explaining SMART Goals:

<https://www.youtube.com/watch?v=1-SvuFIQjK8>