



## set a SMART goal



**Specific:** what specific action will you take and when?

**Meaningful:** The goal should be personally meaningful to you.

**Attainable:** Does the goal help you to move your life forwards towards a direction that you want to go in?

**Relevant:** Can you achieve the goal. Take into account your health, demands on your time, finances, and skills. Is it realistic? Be kind to yourself.

**Timely:** Set a day, date and time to do the goal

**For example**

*"I will play with my children on Saturday in the park"*  
*"I will go for a ten minute walk every lunch time."*