

# My SMART goals

List everything you'd like to work on next year.

Prioritize your top 3 ideas.

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Answer the following questions for each goal in the chart below.

### Specific

- What exactly do you want to improve?

### Measurable

- What is your criteria for meeting your goal?
- How will you track your progress?

### Attainable

- What action steps will you take to meet your goal?

### Relevant

- Why is your goal important to you?

### Time-bound

- When will you start and complete your goal?

	Goal #1	Goal #2	Goal #3
S			
M			
A			
R			
T			

When you put the pieces together, your goal may look like this.

**Long-term:** By December 31 of this year, I will eat healthier by cooking at home at least 4 dinners a week.

If you'd like to break down each goal further, you can write short-term goals to help you get there.

**Short-term #1:** By July 31 of this year, I will cook at home at least 2 dinners a week

**Goal #1:** \_\_\_\_\_

Short-term #1: \_\_\_\_\_

\_\_\_\_\_

Short-term #2: \_\_\_\_\_

\_\_\_\_\_

**Goal #2:** \_\_\_\_\_

Short-term #1: \_\_\_\_\_

\_\_\_\_\_

Short-term #2: \_\_\_\_\_

\_\_\_\_\_

**Goal #3:** \_\_\_\_\_

Short-term #1: \_\_\_\_\_

\_\_\_\_\_

Short-term #2: \_\_\_\_\_

\_\_\_\_\_