

# S.M.A.R.T. PERSONAL GOAL PLANNING

Develop your SMART goals to help you plan out personal success. These help you stay on track and keep you accountable to get things done.

- Specific:** the exact behavior you want to change or start
- Measurable:** how you will track your engagement in the behavior
- Attainable/Achievable:** it is possible and you can see yourself actually doing it
- Relevant:** you believe that the behavior will or can lead to desired outcome
- Time Specific:** when you will start and end behavior

Make sure your SMART goal is a behavior and not an outcome. You have direct control over your behaviors, but not always your outcomes. Behavior is the action you're engaging in and outcome is what you want the behavior to result in.

**Example SMART goal:** I will color in my coloring book for 30 minutes right before bed, Sunday through Thursday, during tennis season.

- Specific:** coloring in my coloring book
- Measurable:** 30 minutes before bed, Sunday through Thursday
- Attainable:** only 30 minutes, not every day, like to color
- Relevant:** coloring has relieved stress for me before and has helped others
- Time-Specific:** start beginning of season, stop at end of season

Note: both reducing stress and coloring are goals. Reducing stress is the outcome goal. Coloring is the behavior goal.

## 1. Write a SMART goal for yourself to reduce stress:

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## 2. State how your SMART goal meets the requirements for each component:

SPECIFIC: \_\_\_\_\_

MEASURABLE: \_\_\_\_\_

ATTAINABLE: \_\_\_\_\_

RELEVANT: \_\_\_\_\_

TIME SPECIFIC: \_\_\_\_\_

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