

SMART Step Worksheet



Area of Wellness:

Date: _____

Overarching Goal: What do you really want in this area of wellness? Can be a short- or long-term goal.

Specific: What exactly will you do? Think *who, what, where, when, and/or how* you will do this.

Measurable: Describe in detail how you will know when you have been successful.

Achievable: Choose something you know you can do, or at least are reasonably sure you can do. Then describe in detail how you will make it happen.

Relevant: Explain why this is so important at this time in your life. Connect this *why* to your core values for inspiration and motivation.

Time-bound: Make sure you have a clear start date and deadline, or timeline, for your SMART Step. Add it here.

Possible Obstacles: What challenges might come up for this SMART Step?

Possible Solutions: What are some options and/or resources to consider?

Accountability Partner: List someone you trust and respect with whom you can share your SMART Step.

Keeping in mind the cautionary phrase, *out of sight, out of mind*, once you've identified your SMART Step, make sure to write it down and keep it where you can see it often.

As you navigate your journey of growth and change, it is important to take time to celebrate every small win along the way. You are making choices every day that will bring a greater sense of balance and well-being to your life.