Goals and Barriers

Remember a SMART goal is:

- **Specific**—Clear and specifically stated, describing what you will do.
- **Measurable**—Includes an easy way to identify whether or not it was accomplished.
- **Appealing**—Desirable, something you value, a healthy choice.
- **Realistic**—Achievable, controllable, within reach but not too easy.
- **Time-bound**—Does not go on endlessly, but has a clear start and finish.

My Goal is: ________________________________

______________________________

Who can help me? ________________________________

______________________________

**Mini-Step 1:**

When will I do this? ________________________________

Barriers to Overcome? ________________________________

What happened? ________________________________

**Mini-Step 2:**

When will I do this? ________________________________

Barriers to Overcome? ________________________________

What happened? ________________________________

**Mini-Step 3:**

When will I do this? ________________________________

Barriers to Overcome? ________________________________

What happened? ________________________________

**Mini-Step 4:**

When will I do this? ________________________________

Barriers to Overcome? ________________________________

What happened? ________________________________

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Note. Based on Doran (1981).