

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? _____

Note. Based on Doran (1981).

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