

SMART Goals

A Framework for Meaningful, Achievable Change

Setting goals is one of the most powerful steps you can take toward the life you want. The SMART framework helps transform vague intentions into clear, workable commitments — turning *"I want to feel better"* into something you can actually move toward, one step at a time.

S

Specific

Clearly define what you want to accomplish. The more precise, the better.

- What exactly do I want to achieve?
- Who is involved?
- Where will this happen?
- What steps or actions are required?

"I will go for a 20-minute walk in my neighborhood three mornings a week."

M

Measurable

Build in a way to track your progress so you can recognize growth.

- How will I know when I've reached this goal?
- What does progress look like?
- How often will I check in with myself?

"I will track my walks in a journal and aim for 12 walks per month."

A

Achievable

Choose a goal that stretches you — but stays within reach given your current life.

- Do I have the resources, time, and energy for this?
- Is this realistic right now — not someday, but now?
- What might get in the way, and how can I plan for that?

"Starting with 3 walks is realistic; I can increase as I build the habit."

R

Relevant

Your goal should connect to something that genuinely matters to you.

- Why does this goal matter to me?
- Does it align with my values or larger intentions?
- Is this the right time to pursue this?

"Walking supports my mental health and energy — both are important to me."

T

Time-Bound

Set a timeframe to create focus and a sense of commitment.

- When do I want to reach this goal?
- What can I do this week? This month?
- What is my first small step — and when will I take it?

"I'll start this Monday and reassess after 30 days."

A Note on Self-Compassion

Goals are guides, not verdicts. If you fall short, that's information — not failure. Revisit, adjust, and begin again with the same kindness you'd offer a good friend.