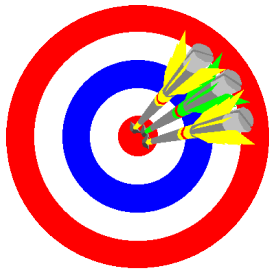




# SMART goals



A practical approach to help you achieve change



<https://www.talkplus.org.uk/>

# Why set goals?

- Thinking about implementing your values can be overwhelming
- Breaking down our values and creating goals can help us work towards change.
- Setting goals can motivate you into action
- Goals can be set for different areas of our lives (home, work, leisure etc)

# Why setting goals is useful?

- Manage our wellbeing
- Long term goals
- Short term goals

# SMART goals

S

• Specific

M

• Measurable

A

• Achievable

R

• Relevant

T

• Time specific

# SMART goals

- Specific
  - Be clear, precise
  - What do we want?
- To be fitter
- -Walk more



# SMART goals

- Measurable

- How will you know when you have achieved your goals?
- Where is the finish line?
- What would be different?

- Walk 10 minutes



# SMART goals

- Achievable
  - Do we have the necessary resources to achieve this goal?
  - Set goals we are in control of
- Walk three times a week

# SMART goals

- Relevant

- Is this in line with your values?
- Is this something *you* want to achieve?

Walk the dog





# SMART goals

- Time Specific

- Is the right time to make change?

- Set a reasonable time limit to achieve your goal.

- Walk for a month



# SMART goals

Goal	To be fitter
Specific	Walk more
Measurable	Walk 10 minutes a day
Achievable	Walk 10 minutes a day three times a day
Relevant	Walk the dog 10 minutes three times a day
Time specific	Walk the dog 10 minutes three times a day for a month

# Troubleshooting

- Setting unrealistic goals
- Underestimating time

# Take Home Message

- Using this technique will help you set goals in any area of your life
- Setting goals helps us to work towards something and provides direction
- Often it is helpful to work towards something positive or inspiring
- We can set short, medium and long term goals
- It is useful to review our goals regularly to keep us motivated and ensure we are moving in the right direction

# Next Steps

- Practice
- It can be helpful to tell someone else about this technique
- All worksheets and a PDF are freely available at <https://www.talkplus.org.uk>