



CREATING S.M.A.R.T.E.R. GOALS!

S.M.A.R.T.E.R. GOALS

Many of us have heard of SMART goals. But have you heard of SMARTER goals? An extra two steps S.M.A.R.T.E.R. goals help you identify if what you want to achieve is realistic and determine a deadline. When writing S.M.A.R.T.E.R. goals, use concise language but include relevant information. This process is to help you succeed, so be positive when answering the questions.

INITIAL GOAL	Write the goal you have in mind I want to lose weight (This has no clarity. Does losing 10gms give you the satisfaction you were looking for?)
S SPECIFIC	What do you want to accomplish? How will you do this? What overall time frame are you proposing? I want to lose 15 kg in 20 weeks by exercising 6 days a week, only eating fresh vegetables and whole foods, and manage my portion sizes.
M MEASURABLE	How can you measure progress and know if you've successfully met your goal? I will plan 60 minutes of exercise, 6 days per week. I will only buy whole foods and fresh fruit and vegetables. I will measure food serving sizes to help me understand portion sizes.
A ACHIEVABLE	Do you have the skills required to achieve the goal? If not, can you obtain them? What is the motivation for this goal? Is the amount of effort needed on par with what the goal will achieve? Given that a healthy weight loss range is up to 1kg per week, losing 15 kilograms in 20 weeks is realistic and achievable.
R RELEVANT	Why am I setting this goal now? Is it aligned with overall objectives? I would like to lose weight to be part of the bridal party at my best friend's wedding. This is important as it is the reason WHY you want to achieve the goal.
T TIME-BOUND	What's the deadline, and is it realistic? Today's date is _____. I will start on _____. 20 weeks is _____
E External Support	What external support, resources, or tools will I need? I will purchase a new set of kitchen scales and a new pair of sports shoes and ask my friend to check in on me every week to see how I am going and be my accountability partner.
R Reward	What Reward will I give myself for achieving this goal? I will buy a new dress to attend my best friend's wedding.
SMARTER GOAL	Review what you have written, and craft a new goal statement based on what the answers to the questions above have revealed I will lose 15 kilograms in 20 weeks by committing to exercise 6 days a week for an hour each day and committing to monitoring and controlling my portion sizes. I will reward myself with a new dress upon achievement of my goal. In addition, I will purchase a kitchen scale to help me with portion control and new sports shoes.