



## Setting Goals

To record your short and long term goals, fill in the spaces and save your work as part of your journal.

### Step 1: Long term goals

Imagine yourself a year from now, or even further into the future.

A year from now I aim **to feel**:

- relaxed
  - energetic
  - proud
  - confident
  - happy
- and/or \_\_\_\_\_ .

I aim **to have an attitude which is**:

- positive
  - motivated
  - fun-loving
  - assured
  - open-minded
  - adaptable
- and/or \_\_\_\_\_

I also aim **to have skills of** : (List as many as you like.)

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I aim **to look**:

- healthy
  - strong
  - happy
  - with good posture
  - balanced
- and/or \_\_\_\_\_ .



## Step 2: Short term SMART goals

Imagine yourself **4 weeks from now**, when you have been making positive steps towards achieving your dreams. Remember, it doesn't have to happen all at once! **One goal in each section** is enough for now. For each section, circle one idea on the left and write in the box on the right how you will know your goal is achieved.

Today is -- / -- / ---- and 4 weeks from today I aim to

feel more:

and I will measure this by

relaxed	energetic
confident	happy
proud	loving

have an attitude which is more:

and I will measure this by

positive	assured
motivated	open-minded
fun-loving	adaptable

have developed skills in:

and I will measure this by

movement	flexibility
expressing myself	getting things done
stamina	thinking clearly

look:

and I will measure this by

healthier	stronger
happier	better postured
more fluid	better balanced



### Step 3: Making it happen

Now let's get specific and plan to do something real today. Pick one of your short term SMART goals and say what you're going to do about it, by completing each of the boxes. Use the example in the box at the bottom to get you started.

One of my SMART goals is to: \_\_\_\_\_

Today, to work towards this goal I will \_\_\_\_\_

Helping me towards my SMART goal tomorrow I will \_\_\_\_\_

I will know when I have achieved my SMART goal when I \_\_\_\_\_

To achieve my SMART goal I will commit to

Doing \_\_\_\_\_

Adding \_\_\_\_\_.

Reducing \_\_\_\_\_.

Every \_\_\_\_\_.

**Example**  
One of my SMART goals is to run for 15 minutes without stopping.  
Today, to work towards this goal I will run and walk for 20 minutes.  
Helping me towards my SMART goal tomorrow I will do some form of cardio training.  
I will know when I have achieved my SMART goal when I can run for 15 minutes.  
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To achieve my SMART goal I will commit to  
Doing 20 minutes walking and running.  
Adding a couple of minutes running  
Reducing my walking time.  
Every day