

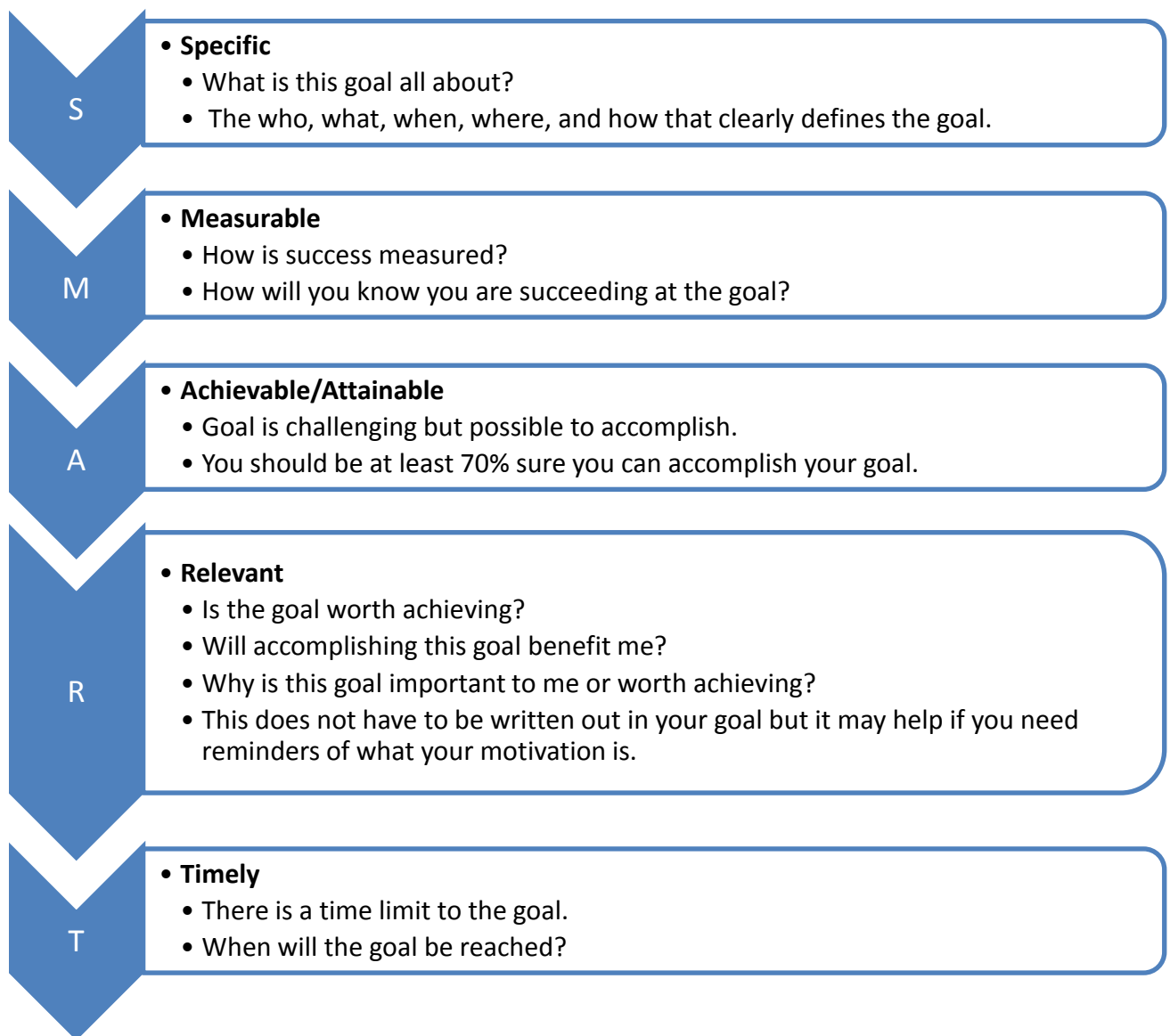
# Goal Setting – The SMART way

“By failing to prepare, you are preparing to fail.” *Benjamin Franklin*

“A goal properly set is halfway reached.” *Abraham Lincoln*

We all struggle at times to meet the goals we set for ourselves. Struggling to meet a goal isn't always because of a lack of effort but rather lack of knowing what exactly we're trying to achieve. Writing goals in a SMART format can help guide your efforts in a meaningful way. SMART goals are powerful tools to help motivate your behavior change.

What does SMART mean?



## Lets use an example to demonstrate how this works.

Starting idea: I will start dog walking.

Make it Specific: I will walk **my dog in the morning with my cane**.

Make it Measurable: I will walk my dog to the park in the morning **every day**, using my cane.

Make it Achievable: I will walk my dog to the park in the morning, **three times per week**, using my cane.

Make it Relevant: I will walk my dog to the park in the morning, three times per week, using my cane **because it's a way to get exercise doing something I enjoy**.

Make it Timely: I will walk my dog to the park in the morning, three times per week, because it's a way to get exercise doing something I enjoy. **I will be consistently in this routine within one month.**

**SMART Goal: I will walk my dog to the park in the morning, three times per week, because it's a way to get exercise doing something I enjoy. I will be fully in this routine by August 1st.**

## What goals do I focus on creating?

- ▶ We know that maintaining a basic activity level is very important to a healthy, well functioning body. When addressing back pain, the type of exercise and the number of repetitions is less important than keeping the body moving. You need to focus on keeping an active lifestyle. Our bodies are designed to move so they don't stiffen and become sore.
- ▶ When trying to decide on a physical activity goal, consider:
  - ✓ What activities have I given up due to my back pain?
  - ✓ What activities or positions aggravate my back pain?
  - ✓ What activity would I like to try if my back pain was under control?
  - ✓ What physical activities do I currently enjoy? What did I enjoy in the past?

# Goal Setting Template

Starting idea:

S

• What makes it Specific?

M

• What makes it Measurable?

A

• What makes it Achievable/Attainable?

R

• What makes it Relevant?

T

• What makes it Timely?

SMART Goal:

**Other things to consider:**

a) What has prevented me from achieving this goal in the past?



b) What challenges do you expect to encounter while working towards this goal?

c) What are some possible solutions to these expected challenges?

d) What resources do I need to achieve this goal (e.g. Someone to motivate me, sports equipment, information, etc..)?

e) How will I reward success? What will keep me motivated?

