

SPECIFIC MEASURABLE ACHIEVABLE RELEVANT TIMELY SETTING DETAILED GOALS TO CHANGE BEHAVIOR

Following the SMART Goal process will help define detailed, action specific goals

Specific – clear and precise. Ensures participants know exactly what they are aiming to do

Prompting with the following questions will help participants develop specific goals:

- What? (What are you going to do?)
- Where? (Where are you going to do it?)
- When? (When are you going to do it?)
- How / How often? (How/how often are you going to do it?)
- With whom/ Do you have supports? (Who are you going to do it with / Do you have people to support you?)

Measurable – be able to measure it you have, or have not achieved your goal. Record keeping is an important tool when measuring goals, for e.g. journaling

Achievable – something you can reach. Reaching goals boosts confidence and self-efficacy, while failing to reach goals may have the opposite effect, or having a negative impact on confidence and motivation. Behavior change comes from building on small successes- therefore making goals achievable is very important

Relevant- is there a clear link between the participants goal and the behavior they want to change. Does the participant see the link between their health and/or how they feel?

Timely- target date for completion (determine a set amount of time to meet the goal). Mini goals may have to be used to reach a longer term goal.