

# Set a SMART Goal

Goals are a great way to keep you focused and moving forward. They can change the way you manage your day-to-day life. They can help you get back to doing the things you love to do. They may even help improve your overall health.

This worksheet is designed to help you set a SMART goal—one that's Specific, Measurable, Attainable, Relevant, and Timebound. As you fill out the worksheet, keep in mind that the SMARTer the goal, the more likely you are to achieve it!

See following page for examples.



## Start by writing a goal:

Think of something meaningful you'd like to accomplish. Maybe it's an activity you've given up and want to get back to. Or an experience you've always wanted to try but never got around to it, because arthritis got in your way.

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## Now, make your goal SMART:

Add **S**pecifics: \_\_\_\_\_

Think about what exactly you want to achieve. Consider questions like: Who? What? Where? When? Why? How?

Make it **M**easurable: \_\_\_\_\_

How will you track progress? Try adding measurements, like time (example: 30 minutes), distance (example: 1 mile), or quantity (example: 3 days a week).

Make sure it's **A**ttainable: \_\_\_\_\_

Is your goal realistic for you to achieve? If not, think about how to make it a bit more attainable. Remember, a "smaller" goal is better than no goal at all!

Make sure it's **R**elevant: \_\_\_\_\_

Is your goal really important to you? The more personally meaningful the goal, the more likely you are to achieve it.

Make it **T**imebound: \_\_\_\_\_

What is the target date for reaching your goal? Use a specific date, rather than something like "the end of summer."

## Now put it all together and write your SMARTer goal here:

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**Great! Just one last thing:** It's time to add your SMART goal to the top of your action plan—the next worksheet in this tool kit. This will ensure that your SMART goal and action plan are all in one place, so you and your doctor can review them together. Once you add your SMART goal to your action plan, feel free to file it for your own records (you won't need to show it to your doctor).

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## Start by writing a goal:

Think of something meaningful you'd like to accomplish. Maybe it's an activity you've given up and want to get back to. Or an experience you've always wanted to try but never got around to it, because arthritis got in your way.

*I want to go on a family trip to Washington, DC next summer.*

## Now, make your goal SMART:

Add **S**pecifics: *I want to be physically fit enough to go on a 5-day trip, where I'll be walking a lot each day in the summer heat.*

Think about what exactly you want to achieve. Consider questions like: Who? What? Where? When? Why? How?

Make it **M**easurable: *Every week, I'll walk 8 miles to increase my stamina.*

How will you track progress? Try adding measurements, like time (example: 30 minutes), distance (example: 1 mile), or quantity (example: 3 days a week).

Make sure it's **A**ttainable: *Maybe that's a lot. I'll walk 4 miles a week instead.*

Is your goal realistic for you to achieve? If not, think about how to make it a bit more attainable. Remember, a "smaller" goal is better than no goal at all!

Make sure it's **R**elevant: *Yes! My family really wants to go. And so do I. I will do everything I can to go.*

Is your goal really important to you? The more personally meaningful the goal, the more likely you are to achieve it.

*I'll book it for the last week in August.*

Make it **T**imebound: *I'll create a calendar from now until then and include weekly milestones.*

What is the target date for reaching your goal? Use a specific date, rather than something like "the end of summer."

## Now put it all together and write your SMARTer goal here:

*I want to take my family on a trip to Washington, DC next August. I'll walk 4 miles every week until then,*

*so I can increase my stamina. I'll set milestones on my calendar. I'll do everything I can to make sure I can do it.*

**Great! Just one last thing:** It's time to add your SMART goal to the top of your action plan—the next worksheet in this tool kit. This will ensure that your SMART goal and action plan are all in one place, so you and your doctor can review them together. Once you add your SMART goal to your action plan, feel free to file it for your own records (you won't need to show it to your doctor).