

## Your No-Nonsense Goal-Setting Guide

### SMART Goals Template

Use this template to set a goal that works for you:

1. Specific: What exactly do you want to achieve?

- Example: 'Lose 5 lbs in 4 weeks.'

- Your Goal: \_\_\_\_\_

2. Measurable: How will you track progress?

- Example: 'Track calories daily using MyFitnessPal.'

- Your Plan: \_\_\_\_\_

3. Achievable: Is this realistic for you?

- Example: 'Log meals 5 days a week.'

- Your Check: \_\_\_\_\_

4. Relevant: Why does this matter to you?

- Example: 'To feel more confident and energetic.'

- Your Why: \_\_\_\_\_

5. Time-Bound: What's your deadline?

- Example: '4 weeks from today.'

- Your Timeline: \_\_\_\_\_

### Break It Down

Big goals can feel overwhelming. Start small:

1. What's one thing you can do this week to move closer to your goal?

- Step 1: \_\_\_\_\_

2. What's one thing you can do today?

- Step 2: \_\_\_\_\_

### Plan for Barriers

Think about what might stop you from reaching your goal and create a plan to overcome it.

Barrier: \_\_\_\_\_

Plan: \_\_\_\_\_

### Visualization

Imagine yourself achieving your goal. What does success feel like? How does it change your life?

Reflection: \_\_\_\_\_

### Define Your Milestones

Set smaller milestones to track progress:

Milestone 1: \_\_\_\_\_

Milestone 2: \_\_\_\_\_

### Accountability

Who or what can help you stay on track?

Name or Tool: \_\_\_\_\_

How You'll Check In: \_\_\_\_\_

### Rewards

What will you reward yourself with when you hit your milestones and goals?

Small Milestone Reward: \_\_\_\_\_

Big Goal Reward: \_\_\_\_\_

### Commitment to My Goals

"I commit to working toward my goals with consistency and focus. I will remind myself daily of why this matters and celebrate every step of progress along the way."

Signature: \_\_\_\_\_

Date: \_\_\_\_\_