



Create a Goal Plan

Before starting this activity, watch the *Pursue Your Goals* video. It will show you how to choose a SMART goal, explore different paths to reach it, and outline specific steps.

In this activity, you'll create a personalized plan for a goal of your choosing. Begin by selecting a SMART goal, identify possible paths, and list the steps for each path.

Once you achieve your goal—or if you want to set new ones—you can repeat this process for your next objective.

Review the key features of a SMART goal, then write your own. A SMART goal is Specific, Measurable, Achievable, Relevant, and Time-Bound.

Specific

Ask:

who,
what,
when,
where,
how

Here are a few examples of a specific goal:

- I want to cook healthy, plant-based meals twice a week with my spouse to improve our health and do a fun activity together.
- I want to get together with a friend once a week on either Tuesday or Thursday to enjoy their company and relax.
- I want to attend my son's soccer games every Saturday so I can support him and meet the parents of his friends.

Measurable

Ask:

how
much,
how many,
how often

Here are a few examples of goal measures:

- Servings of vegetables per day
- Number of minutes reading to my son
- Twice a week
- Walking distance
- Every Saturday morning
- Three arm exercises lifting 5-pound weights 10 times

Achievable

Here are a few examples of resources for goal achievement:

Ask:
is this realistic, given time and other resources

- My brother can help me put together a walking program.
- I am free on Wednesday afternoon, so I have time to practice.
- I have some extra money so I can afford to take a class.
- This goal will be difficult, but I am really committed.
- I have found a few YouTube videos that will be helpful.
- I have two friends who would like to work on this goal too.

Relevant

Here are a few ways to explore whether the goal is relevant:

Ask:
does this matter to me and further my values

- What does this goal mean to me?
- Does this goal help me to live better, even though I have pain?
- How does this goal fit with my moral values?
- How does this goal support other goals?
- Is this "my goal" or imposed by someone else?
- Will this goal help me to be better at my job?
- Does this goal further my need for more friends?

Time-Bound

Here are some examples of the time-related features of a goal:

Ask:
is there a schedule with a start and end date

- I will begin on Monday, March 17.
- Work on the goal will take place at 7:00 every Saturday.
- I will call an out-of-town family member every Sunday at 4:00 PM.
- I will start my goal today to achieve it by July 12.
- I will attend the class every Thursday from April 5-June 6.
- I will go on the treadmill for 15 minutes every other day at 7:00.

Goal Paths and Steps

A SMART goal can have multiple paths to attainment. Each path can have multiple steps. See below for an example of goal paths for the goal of playing the guitar and an example of steps for buying a new guitar book.

Goal Paths: playing the guitar

Goal Path 1

I am bored with my music. I will buy some new books.

Goal Path 2

I will ask my wife if she wants to play with me once a week. We used to play together and it was fun.

Goal Path 3

I will take lessons again with James. He is a good instructor and motivated me.

Goal Steps: Buy new books

Goal Step 1

Go to the music store near me to review books.

Goal Step 2

Look for books on Amazon.

Goal Step 3

When I start lessons, ask my instructor for recommendations.

On the next page, you will create your custom goal plan.

Your Goal Plan

Type your SMART goal below:

List three goal paths and three specific steps for each path in the space below:

Path 1:

Path 1 Step 1:

Path 1 Step 2:

Path 1 Step 3:

Path 2:

Path 2 Step 1:

Path 2 Step 2:

Path 2 Step 3:

Path 3:

Path 3 Step 1:

Path 3 Step 2:

Path 3 Step 3: