

## Dr. Hope's SMARTER Goals Planner

### Use SMARTER planning to achieve success!

Remember the overall goal: **be a healthy person.**  
Now, let's break it down to make it happen, one goal at a time.

<b>S</b>	Specific	The more specific the goal, the better the chance for success. Instead of "I want to get in shape", make a goal to exercise 20 min per day. Break the goal into smaller pieces to make it manageable.
<b>M</b>	Motivation	Why do you want to achieve this particular goal? What will keep you going when it gets challenging. What is the final outcome you want and how can you stay on the road to get there?
<b>A</b>	Action plan	Use action-oriented statements - "I will ____". What are the steps you will need to achieve your goal. Plan time, equipment, support, location, etc. The less you leave to chance, the better your chance for success!
<b>R</b>	Roadblocks	Roadblocks will happen! People, time, and circumstances will make it more difficult to achieve your goal. List potential roadblocks that might occur (including waning motivation) and how you will overcome these roadblocks to reach your destination!
<b>T</b>	Time table	All goals should be grounded with an ambitious YET realistic time frame. You want to push yourself! What can you do today? This week? This month? This year?
<b>E</b>	Evaluate, Evolve, Excitement	How are you doing along the way toward your goal? As part of your action plan, make time to reassess. If your original goal was exercise 20 min per day and after a few weeks, you find it easy to do 30 min (or 3 stretches of 10 min), let your goal evolve. Approach your goal with enthusiasm, it is YOUR goal and you will reap the rewards of your excellent efforts!
<b>R</b>	Record and Reward	Write down your SMARTER action plan!! Writing it will give you substantially greater success than just thinking it. Keep it where you can see it, record your success. Plan rewards at certain milestones, you deserve it!

“A GOAL WITHOUT A PLAN IS A WISH!”

- Antoine de Saint-Exupery

**Top Goal:** I am a HEALTHY PERSON.

In order to be a HEALTHY PERSON, I am going to \_\_\_\_\_ .  
I **know** I can achieve this by getting SMARTER.

**S**pecific Goal

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**M**otivation

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**A**ction Plan

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**R**oadblock

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**T**imetable

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**E**valuate, Evolve, Excitement

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**R**ecord & Reward

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Post this somewhere you will see it daily! Each goal should have its own sheet.