

## Appendix I

### SMART Goal

**Specific action:** What are you going to do? \_\_\_\_\_

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**Measurable:** How much and how often? \_\_\_\_\_

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How will you keep track of that? \_\_\_\_\_

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**Attainable:** Is this something you can do with everything else that is going on in your life? On a scale of 0 – 10, how sure are you that you will do this? \_\_\_\_\_

If you are below a 7, how will you make the goal smaller and more attainable?

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**Rewarding:** What is rewarding about this goal to you? \_\_\_\_\_

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How will you reward yourself when you achieve this goal? \_\_\_\_\_

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**Timely:** When will you start this goal? \_\_\_\_\_

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When will you re-evaluate this goal? \_\_\_\_\_

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**Finish Your Plan:** What might get in the way of achieving your goals? Create a plan for dealing with things that might get in the way of achieving your goals.

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