



GOAL-SETTING WORKSHEET // GET STARTED!

Get Started with ParticipACTION!

If you want to be more active, writing down your goals is a good place to start. Whether you're trying to stick to a new workout routine, training for a race, or just want to move more than you currently do, grab a pen and paper and write down your aspirations. When setting goals, it's important for them to be SMART – specific, measurable, attainable, relevant, and timely.



STEP 1

Write down your goal in as few words as possible.

Writing your goals makes you more likely to achieve them. Here are a few things to consider:

- **Choose a goal that you can control.** Studies show that setting goals we believe we can control is crucial to success.
- **Your goal should stem from your deepest desires.** Ask yourself what you truly want and work towards that.
- **Set a positive goal.** People who set positive resolutions are more likely to keep them. For example, resolving to master something has shown to increase people's chances of sticking to their resolution.



My goal is to...



Now change this into an "I" statement.

I will...



GOAL-SETTING WORKSHEET // CONT'D

STEP 2

Verify that your goal is SMART.



Make your goal detailed and SPECIFIC:

What exactly will you accomplish?
How will you reach this goal?



Make your goal MEASURABLE:

Track your progress. How will you know when you've reached this goal?



Make your goal ATTAINABLE:

Is your goal realistic? It's easy to be overambitious when first starting out. Make sure you're not trying to change too much, too fast.



Make your goal RELEVANT: List why you want to reach this goal. Your success depends on setting goals that really matter to you.



Make your goal TIMELY: When do you want to achieve this goal? Put a deadline on your goal and create a schedule to meet it. Don't let tomorrow become never.



GOAL-SETTING WORKSHEET // CONT'D

STEP 3

Put your goals somewhere you can see them.

Print out the worksheet and post it in a place you frequent daily so that you read them and increase your connection to them.



STEP 4

Get support and find someone to hold you accountable.

Share your goals with your friends and family – ask them to support you.



STEP 5

Enjoy the journey along the way.

By stating what you want, you'll be more aware of all the amazing opportunities out there that will help you achieve your goals.

