

MindWell Goal Tracking

What does It mean to *YOU* to Mind Well? Using the SMART goal method, detailed below, craft a goal that is meaningful to you to help guide your efforts over the next two weeks.

Use the right side of this page for your own personal goal tracking.

S **Specific.** What am I going to do? A goal should clearly and concisely describe exactly what you wish to accomplish. For example, "I will wait until I'm hungry to eat" is much more specific than "I will lose weight." To make your goal specific, ask what do I want to accomplish? Where will it take place?

M **Measurable.** How will I know that I have accomplished my goal? In order to determine if you have succeeded, you need to be able to measure the outcome. For example, "I will walk regularly" is not measurable; whereas "I will wear my fitness device and get 8,000 steps per day" is. Ask yourself, how will I know when I have accomplished my goal?

A **Achievable.** Can I achieve this goal and will it result in the change I desire? A good goal will challenge you while still being achievable. Unachievable goals are demotivating, so ask yourself if the goal is realistically too easy or too hard to achieve. For example, "I will give up caffeine" may be out of reach for the regular coffee or soda drinker, while "I will replace one cup of coffee with decaf tea each day" may be more realistic.

R **Relevant.** Will reaching this goal get me closer to what I ultimately desire? Once you have determined your long-term objective, each goal you set should result in movement toward achieving it. A relevant goal answers the question 'why?' Why is this goal important? Will accomplishing this goal provide movement toward my overall purpose?

T **Timely.** What is my target date for reaching this goal? A timely goal has a clear conclusion date. Goals should be grounded in a practical timeframe to ensure accountability and some sense of urgency. Consider how long you think you need to perform the goal to internalize it as a habit. A timely goal answers the question 'when?' How long will it take me to complete this goal? When will I determine success or failure?

My MindWell Goals:

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Week 1	Goal Achieved?	Personal Notes
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

Week 2	Goal Achieved?	Personal Notes
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		