

# How to be SMART about goal setting

Everyone starts the new year with a long list of to-dos, or not to-dos, but how often do our resolutions make it to December? Here is a little guide to help you to brainstorm realistic, doable, SMART goals, so you can celebrate wins every week of the year.

**Specific**

**Pin down exactly what you want to improve.**

“I want to stress less” is vague. Instead try  
“I’ll make time to unwind after work.”

**Measurable**

**How will you track your success?**

“I’ll have a ‘device-free’ hour the hour before bed each night.”

**Achievable**

**Keep it realistic –start small and build up.**

Instead of instant gym hero,  
try starting with two workouts a week.

**Relevant**

**Choose goals that benefit your wellbeing.**

“Exercise helps me to feel less stressed, sleep better and feel more focused in the workplace.”

**Time-bound**

**Set a timeframe to review your progress.**

Each month take notes and see how your new activity or routine is working.

Adapted from the SMART goals first outlined by George T. Doran (1981).



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