

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).



We provide a confidential and safe space to chat to a mental health professional, at no cost to you.

