



SMART Goal Action Plan

SPECIFIC

I want to: _____

Example: improve my walking

What I am going to do: (be specific) _____

Example: I am going to walk standing upright with good posture, without slouching.

How am I going to do it? _____

Example 1: With my friends

Example 2: Do some stretching exercises to warm up and prepare

Where I will do this: _____

Around my neighbourhood

When I will do this: _____

Saturdays – every week, Afternoon – 3 pm

MEASURABLE

How I will measure this to see my progress: (amount, # minutes, # days per week):

Week 1: 5 minutes

Week 7: 8.75 minutes

Week 13: 15.25 minutes

Week 2: 5.5 minutes

Week 8: 9.5 minutes

Week 14: 16.75 minutes

Week 3: 6 minutes

Week 9: 10.5 minutes

Week 15: 18.5 minutes

Week 4: 6.5 minutes

Week 10: 11.5 minutes

Week 16: 20 minutes

Week 5: 7.25 minutes

Week 11: 12.75 minutes

Week 6: 8 minutes

Week 12: 14 minutes

I will know I have achieved my goal when: _____

Example: I will have made excellent progress when I can walk for 20 minutes.

ATTAINABLE:

How **confident** am I that I will be able to accomplish this goal?

Not sure

Somewhat sure

Extremely sure

0

1

2

3

4

5

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7

8

9

10

How **important** is this goal to me?

Not important

Somewhat important

Very important

0

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Example:

*How **confident** am I that I will be able to accomplish this goal?*

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Toronto Academic Pain Medicine Institute

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The values related to my goal are (why this goal is important to me): _____

Example:

1. *To be able to travel*
2. *To be able to keep up with friends and be social*
3. *To have fun*

REALISTIC

The first 3 actions I will take to achieve this goal are (be specific):

1. _____
2. _____
3. _____

Example:

1. *Pick a day to be the starting day*
2. *Take a book so I can read and have a coffee at the end of my block (5 minutes' walk)*
3. *Call a friend to join me*

Here is how I will cope with challenges while working on this goal:

Challenges	Solutions
<i>Challenge # 1</i>	<i>Solution # 1</i>
<i>Challenge # 2</i>	<i>Solution # 2</i>
<i>Challenge # 3</i>	<i>Solution # 3</i>

Example: Challenges	Example: Solutions
1. <i>Family obligations – other people needing me for things. It can be hard to put myself first.</i>	<ul style="list-style-type: none"> • <i>Learn different ways of saying “no”</i> • <i>Say “I’m committed”</i> • <i>Ensure I have a backup plan to stay committed to my goal</i> • <i>Tell myself “this isn’t selfish. Taking care of myself helps my family as well”</i> • <i>Share my goal ahead of time so they know it’s important to me</i> • <i>Put it in my calendar and don’t schedule over it.</i>
2. <i>Sticking to the time for myself</i>	<ul style="list-style-type: none"> • <i>Remembering it’s a priority</i> • <i>Look at the list of values</i>
3. <i>Pain</i>	<ul style="list-style-type: none"> • <i>Keep doing my stretches</i> • <i>Take more frequent breaks during the walk</i> • <i>Deep breathing</i> • <i>Remember to take my medications as prescribed.</i>

TIME-BOUND

I will take the first step on this date: _____

Example: November 5th

I will check my progress on this date: _____

Example: November 19th. I will check my progress every 2 weeks.