Goal Setting: Weekly Changes

Plan SMART goals—Specific, Measurable, Attainable, Relevant, Timely.

Long-Term Goal	Write down one goal you would like to achieve in the next 6–12 months.				
		Importance	Confidence	Date Achieved	

Use the scale below to rate how important the change is and how confident you feel in achieving your goal.



Note: If your ranking is less than 6, rewrite your goal so it is more doable.

Small, Healthy Changes

Each week, write down one new, small change that helps you meet your long-term goal. Include action steps—little reminders to help you stick to your goal.

Date		Importance	Confidence	Date Achieved
	Goal			
	Action Step			
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Date			Importance	Confidence	Date Achieved
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