

# My Healthy Living Pinwheel

## Goal Setting Tool



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Choose a long-term goal that you would like to achieve, and then decide on a short-term SMART goal that will help you to reach your ultimate goal. Your goal can be anything that you feel is important to your health and wellness. Remember to reward yourself when you reach your goals!

Goal: \_\_\_\_\_

S: \_\_\_\_\_

M: \_\_\_\_\_

A: \_\_\_\_\_

R: \_\_\_\_\_

T: \_\_\_\_\_

### SMART GOALS ARE:

**S**pecific  
**M**easurable  
**A**ction Plan  
**R**ealistic

(On a scale of 1-10, how confident are you that you can reach your goal?)

**T**ime (to review goals)

Goal: \_\_\_\_\_

S: \_\_\_\_\_

M: \_\_\_\_\_

A: \_\_\_\_\_

R: \_\_\_\_\_

T: \_\_\_\_\_

NAME: \_\_\_\_\_

Goal: \_\_\_\_\_

S: \_\_\_\_\_

M: \_\_\_\_\_

A: \_\_\_\_\_

R: \_\_\_\_\_

T: \_\_\_\_\_

*Remember, setting short-term goals can help you reach your long-term goal!*

Goal: \_\_\_\_\_

S: \_\_\_\_\_

M: \_\_\_\_\_

A: \_\_\_\_\_

R: \_\_\_\_\_

T: \_\_\_\_\_

My Signature: \_\_\_\_\_

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(Example)



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Here are some examples of SMART goals. You can choose one of these goals for yourself, or choose anything that you think would make a difference to your health and wellness!

## SMART GOALS ARE:

Specific

Measurable

Action Plan

Realistic

(On a scale of 1-10, how confident are you that you can reach your goal?)

Time (to review goals)

Goal: Managing stress/worries

S: Deep breathing

M: 5 'belly breaths'

A: When I feel stressed/worried

R: 8/10

T: Next week (date)

Goal: Eat healthier

S: Eat more fruit

M: 1 piece/day

A: Buy 7 pieces of fruit/week

R: 7/10

T: Next week (date)

Goal: Be more active

S: Walking

M: 45 minutes on Mon, Wed & Fri

A: At the park, with my mom

R: 8/10

T: By the end of 2 weeks (date)

Pat Smith

NAME:

Goal: Sleeping well

S: 'Wind down' time before bed

M: 30 min before bedtime

A: Do something relaxing (book, music, bath)

R: 7/10

T: By the end of 2 weeks (date)

My Signature:

Pat Smith