



# GOAL-SETTING WORKSHEET // GET STARTED!

## Get Started with ParticipACTION!

If you want to be more active, writing down your goals is a good place to start. Whether you're trying to stick to a new workout routine, training for a race, or just want to move more than you currently do, grab a pen and paper and write down your aspirations. When setting goals, it's important for them to be SMART – specific, measurable, attainable, relevant, and timely.



### STEP 1

Write down your goal in as few words as possible.

Writing your goals makes you more likely to achieve them. Here are a few things to consider:

- **Choose a goal that you can control.** Studies show that setting goals we believe we can control is crucial to success.
- **Your goal should stem from your deepest desires.** Ask yourself what you truly want and work towards that.
- **Set a positive goal.** People who set positive resolutions are more likely to keep them. For example, resolving to master something has shown to increase people's chances of sticking to their resolution.



**My goal is to...**



Now change this into an "I" statement.

**I will...**



# GOAL-SETTING WORKSHEET // CONT'D

## STEP 2

Verify that your goal is SMART.



### **Make your goal detailed and SPECIFIC:**

What exactly will you accomplish?  
How will you reach this goal?



### **Make your goal MEASURABLE:**

Track your progress. How will you know  
when you've reached this goal?



### **Make your goal ATTAINABLE:**

Is your goal realistic? It's easy to be  
overambitious when first starting out.  
Make sure you're not trying to change  
too much, too fast.



**Make your goal RELEVANT:** List why you want to reach  
this goal. Your success depends on setting goals that really  
matter to you.



**Make your goal TIMELY:** When do you want to achieve this  
goal? Put a deadline on your goal and create a schedule to  
meet it. Don't let tomorrow become never.



## GOAL-SETTING WORKSHEET // CONT'D

### STEP 3

**Put your goals somewhere you can see them.**

Print out the worksheet and post it in a place you frequent daily so that you read them and increase your connection to them.



### STEP 4

**Get support and find someone to hold you accountable.**

Share your goals with your friends and family – ask them to support you.



### STEP 5

**Enjoy the journey along the way.**

By stating what you want, you'll be more aware of all the amazing opportunities out there that will help you achieve your goals.

