THE UNIVERSITY OF MELBOURNE

SMART GOALS

GOAL SETTING: Defining a goal that will guide behaviour.

SMART goals can increase your likelihood of successfully changing behaviour.

❌ "I will work on my fitness"

Goal is **vague** and **ambiguous**.

✅ "I will go to the gym at 5:30 pm on Monday, Tuesday, and Thursday this week and exercise for one hour each time."

Goal is **clear** and **unambiguous**.

S — SPECIFIC
The goal should be clear, detailed, and well defined.

> Who will do what, when, and where? What does the goal look like in practice? What would show that you have achieved your goals?
>
> Create a detailed plan.

M — MEASURABLE
Goal progress should be easy to demonstrate and evaluate.

> How many or how much?
>
> For example, how many times will you do this? How long will you do it for? How will you record goal achievement?

A — ACHIEVABLE
The goal should be challenging but realistic and achievable.

> Can you do this?
>
> Set graded goals (see next page) to make success more likely.
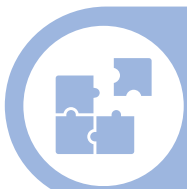
R — RELEVANT
The goal should relate to other overarching objectives.

> Will you feel good if you do this?
>
> Link your goal to your values, ambitions, and overall objectives.

T — TIMED
The goal should have a clear timeline.

> When exactly will it happen?
>
> Set a target date by which the goal will be achieved.

GRADED GOALS

Breaking down your bigger SMART goal or objective into **multiple, smaller SMART goals** can help increase your chance of success.

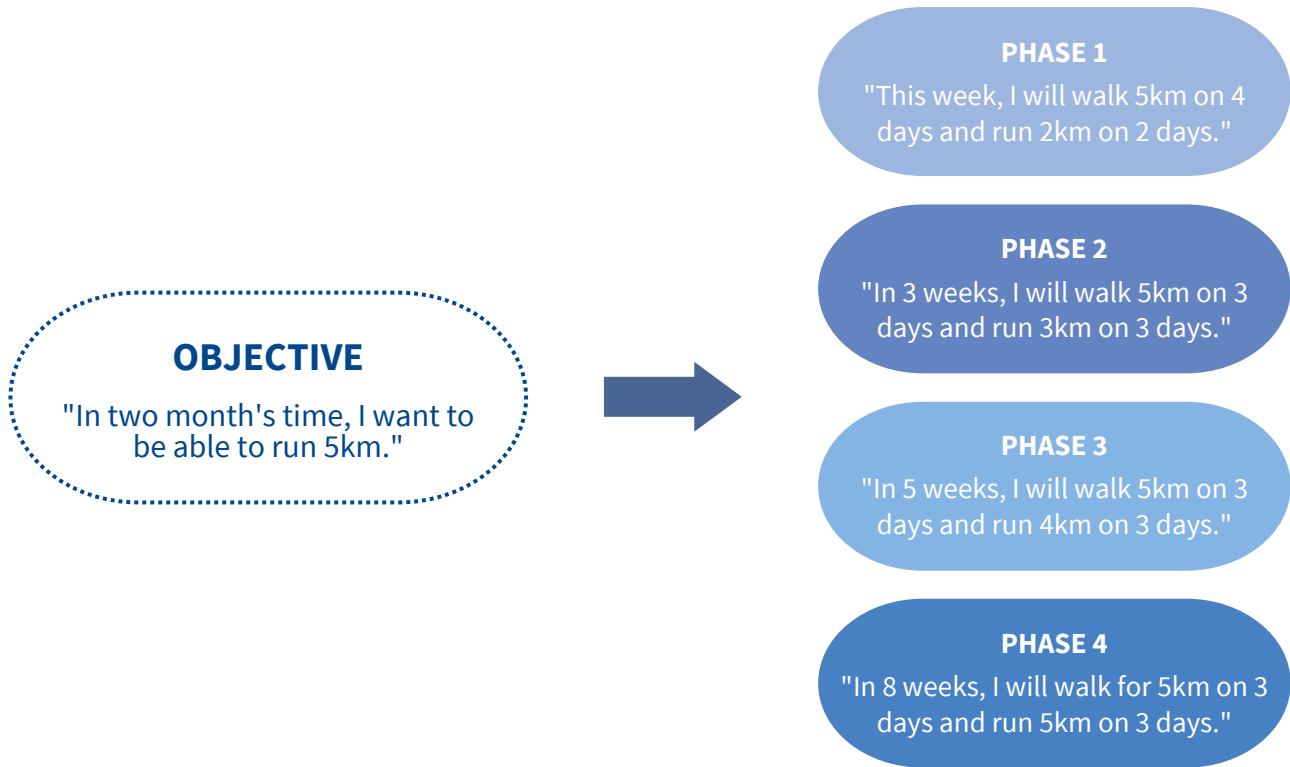Example:

OBJECTIVE

"In two month's time, I want to be able to run 5km."

PHASE 1
"This week, I will walk 5km on 4 days and run 2km on 2 days."

PHASE 2
"In 3 weeks, I will walk 5km on 3 days and run 3km on 3 days."

PHASE 3
"In 5 weeks, I will walk 5km on 3 days and run 4km on 3 days."

PHASE 4
"In 8 weeks, I will walk for 5km on 3 days and run 5km on 3 days."

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Walk 5km	Walk 5km	Run 2km	Walk 5km	Walk 5km	Run 2km	Rest
Week 2	Walk 5km	Walk 5km	Run 2km	Walk 5km	Walk 5km	Run 2km	Rest
Week 3	Walk 5km	Run 3km	Walk 5km	Run 3km	Walk 5km	Run 3km	Rest
Week 4	Walk 5km	Run 3km	Walk 5km	Run 3km	Walk 5km	Run 3km	Rest
Week 5	Walk 5km	Run 4km	Walk 5km	Run 4km	Walk 5km	Run 4km	Rest
Week 6	Walk 5km	Run 4km	Walk 5km	Run 4km	Walk 5km	Run 4km	Rest
Week 7	Walk 5km	Run 4km	Walk 5km	Run 4km	Walk 5km	Run 4km	Rest
Week 8	Walk 5km	Run 5km	Walk 5km	Run 5km	Walk 5km	Run 5km	Rest

YOUR TURN!

Set a **SMART goal** for a behaviour that you would like to change.
Break down your bigger SMART goal into **graded goals**.

SMART GOAL

S   My goal is:
....
....

M   I will track my progress by:
....
....

A   I will achieve my goal by doing:
....
....

R   I have created this goal because:
....
....

T   I will complete this goal by the following date:
....
....

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							
Week 10							