

SMART Change Plan Worksheet

What Is a SMART Goal?

SMART goals help you create a clear, realistic plan for change. Rather than setting vague goals such as "I want to feel better" or "I want to exercise more," SMART goals help you identify specific actions that can be measured and achieved over time.

SMART stands for:

Specific – Clearly define what you want to accomplish.

Measurable – Identify how you will track progress.

Achievable – Set a goal that is realistic and attainable.

Relevant – Ensure the goal is meaningful and aligned with your values.

Time-Bound – Set a target date for completion.

My Change Goal

What change would you like to make in your life?

S — Specific

Describe exactly what you want to accomplish. For example, "I want to live more according to my values" is a good goal, but it lacks enough specifics to know when you are achieving that goal. Suppose one of your values is that you want to have a healthier lifestyle. A more workable goal might be something like, "I want to exercise 30 minutes a day five times a week." This moves your goal from something vague to something more specific and achievable.

Questions to Consider:

- ☐ What do I want to achieve?
- ☐ What specific actions will I need to take to accomplish my goal?
- ☐ What specific things will take place when I know I'm achieving my goal?
- ☐ What do I want to do more?
- ☐ What do I want to think more?
- ☐ What do I want to feel more?
- ☐ Who is involved?
- ☐ Where will this occur?

My **S**pecific Goal:

M — Measurable

How will you know you are making progress? One way is to make your goal measurable. Using the previous example, something like “I want to exercise more” is not measurable, but something like, “I want to exercise 30 minutes a day five times a week” is. Think about the goals you want to achieve, and find some way to measure them.

Questions to Consider:

- ☐ How will I track success?
- ☐ What evidence will show improvement?
- ☐ How often will I measure progress?

My **M**easurable Goals:

A — Achievable

Is this goal realistic for me right now? It's good to have ambitions, but small change leads to bigger change. You don't have to accomplish all of your life goals at once. Instead, ask yourself, “What's the smallest thing I can do today to make a difference?” Once you've accomplished that, then you can move on to the next thing. Start small and gradually move on to bigger things. You'll know your plan is working when your goals are small enough to achieve without being overwhelmed, while being large enough to challenge you to change by moving more towards your chosen core values.

Questions to Consider:

- ☐ Do I have the skills and resources needed right now to achieve my goal?
- ☐ What obstacles might arise?
- ☐ What support can help me succeed?
- ☐ What do I plan to do if I encounter difficulties?
- ☐ What's the smallest thing I can do today to make a difference?

My **Achievable** Goals:

R — Relevant

Why is this goal important to me? We can talk about problems all day, but nothing gets solved until we start talking about solutions. If the solutions we've attempted in the past haven't worked, then doing more of the same isn't likely to work either. If what we've done in the past hasn't helped, then the solutions we've attempted in the past might not be relevant. Relevant goals are changes that lead to solutions that allow us to move towards our chosen core values. Finding relevant changes to make helps us to stay on track with our change plan.

Questions to Consider:

- ☐ How does this goal align with my values?
- ☐ How will this change lead to the results I want?
- ☐ How will achieving it improve my life?
- ☐ Why do I want this change now?

My **Relevant** Goals:

T — Time-Bound

When will I complete this goal? Giving ourselves a target date helps to stay on track and to stay focused. This doesn't mean we have "failed" if we don't achieve the goal by the target date. It's just a guideline to help adjust. If we see that we're consistently not meeting our change goals by our target dates, we may need to reconsider how achievable each goal is and break it down into smaller goals. For example, if my goal is to exercise 30 minutes per day for five days per week, but I'm only able to exercise thirty minutes a day for two or three days per week, I may consider adjusting my goal and my timeline to something more achievable.

Questions to Consider:

- ☐ What is my target date?
- ☐ What measurable milestones will help me stay on track?
- ☐ What can I accomplish (achieve) this week?

My Timeline

Milestone 1:

Start Date: _____ Target Completion Date: _____

Milestone 2:

Start Date: _____ Target Completion Date: _____

Milestone 3:

Start Date: _____ Target Completion Date: _____

My Action Steps

Action Step 1

Date to Complete _____ Completed? ☐

Action Step 2

Date to Complete _____ Completed? ☐

Action Step 3

Date to Complete _____ Completed? ☐

Action Step 4

Date to Complete _____ Completed? ☐

Reflection

What strengths will help you achieve this goal?

What challenges might get in the way?

What support will you need?

How will you celebrate your success?

Mindful Reflection

Take a moment to pause and reflect:

"What small step can I take today that moves me closer to the life I want to create?"

Mindfulness-Based Ecotherapy encourages meaningful change through intentional action, self-awareness, connection with nature, and compassion for yourself throughout the journey. Every positive change begins with a single mindful step.