

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.

Questions to Consider:

- What do I want to achieve?
- What actions will I take?
- Who is involved?
- Where will this occur?

My Specific Goal:

M — Measurable

How will you know you are making progress?

Questions to Consider:

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

My Measurement Plan:

A — Achievable

Is this goal realistic for me right now?

Questions to Consider:

- Do I have the skills and resources needed?
- What obstacles might arise?
- What support can help me succeed?

Why This Goal Is Achievable:

R — Relevant

Why is this goal important to me?

Questions to Consider:

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

Why This Goal Matters:

T — Time-Bound

When will I complete this goal?

Questions to Consider:

- What is my target date?
- What milestones will help me stay on track?
- What can I accomplish this week?

My Timeline:

Start Date: _____ Target Completion Date: _____

Milestone 1:

Milestone 2:

Milestone 3:

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?

Mindfulness 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.