

WEEK 2

GROUP ACTIVITY



S.M.A.R.T. GOAL DEVELOPMENT

5 MINUTES

Now you will have the opportunity to practice what you just learned. You will have about five minutes to set one specific S.M.A.R.T. goal that you would like to complete within the next week, and then you will share it with the group. When we discuss our S.M.A.R.T. goals, we will provide each other with constructive feedback.

Here are some suggestions for developing a well-defined goal:

- Write out a short list of beliefs and/or values that are most important to you.
- Now, think of various goals that you are considering for yourself over the next year.
- Identify the goals that most closely match your beliefs and values. Our beliefs and values tend to be motivators for us, so matching goals and values is a good way to increase your odds of success. Ask yourself, “What small thing can I do THIS WEEK to start myself on the path towards this goal?” That small thing will become your first S.M.A.R.T. goal. Once you meet the first goal, create a new S.M.A.R.T. goal to guide you through the next step toward your bigger goal!