



# Goal Setting

Sample Student Handout



## Step 1: Identifying a Goal

Write your specific goal. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Goal Checklist (SMART)

- Is the goal specific?
- Is the goal measurable?
- Is the goal attainable?
- Is the goal realistic?
- Is the goal time phased?

Why is this goal important to me? How will this goal help me? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Who will I share my goal with for feedback and to help keep me on track?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What healthy activity will I do to celebrate when I reach my goal? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



### Step 3: Barriers/Solutions

As you are working on your goal, you may experience barriers that may keep you from reaching your goal. Write some of the barriers down and what some solutions might be so you can continue with your goal.

Barrier: \_\_\_\_\_

Possible  
Solution: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Barrier: \_\_\_\_\_

Possible  
Solution: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Barrier: \_\_\_\_\_

Possible  
Solution: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_