

S.M.A.R.T. Habit Maker or Breaker

Creating a S.M.A.R.T. habit helps you identify what you want, understand how to make it realistic and set a timeline.

Goal habit change(Write the habit you want to make or break):

1. Specific (detail a specific habit, the more specific the better ex: I want to increase my water intake to 56 oz a day)

2. Measurable (How can you measure progress and know if you've successfully met your goal? Ex: Each day I will track the cups of water I drink to determine if I met my goal):

3. Achievable (Do you have the skills required to achieve the goal? If not, what do you need to be successful? For example- a Personal Trainer to help you improve your fitness, a dietitian to help you learn proper nutrition 😊):

4. Realistic (Is this goal within the realm of possibility? If not, should you break it to smaller goals?ex: right now I only drink 8 oz of water a day so maybe I should start with increasing to 16 oz. or start by losing 10 pound first instead of listing losing 50 pounds):

5. Timely (What's the timeline and is it realistic? Ex: I would like to have this new water habit consistent in 3 months. Or train for a marathon in a week-not realistic, train for a marathon in 6 months, more realistic.)

Final S.M.A.R.T. Habit goal (Review what you have written, and write a new goal including all these SMART details):
