

♥ Dialogue SMART Goal Worksheet

Pick one proposed activity from one of the aforementioned categories, and integrate them into your schedule to form a habit (or more if you'd like!). Start with one to have a small win faster! Then, revisit the wellness guide to pick additional activities to incorporate a balance in all the categories.

- Sleep
- Relaxation & Mindfulness
- Nutrition
- Physical Activity
- Social & Leisure Activity

How do I stick to a plan?

SMART goals (specific, measurable, attainable, relevant and time-limited) aren't only for your job evaluations! Use them to keep yourself accountable and get small wins.

Use our SMART Goal Worksheet to help you plan and keep you on track.

If you would like help to get a habit started, our team can help!

SMART Goal Worksheet

Set one or two goals from the wellness guide using the SMART guidelines:

Specific	How will I do it? (What, when, where, and how?)	
Measurable	How will I measure it? (How much, how many?)	
Attainable	Is this something I can do?	
Realistic	Is this something I can achieve?	

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Time-bound	How often or when will I do this?	
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Keep yourself on track!

Who can support my goals (aside from the Dialogue Care Team!)?

What are my obstacles?

How can I manage these obstacles?

Why am I making these changes?

SMART Goal example: I will bring my 25 oz water bottle to work and aim to refill it twice a day between Monday and Friday. I will log my water intake with the Plant Nanny app.