

## S.M.A.R.T. Planning for Change

**Now that you have reflected on your core values and some barriers to change, you are ready to start making a plan to change. Take a moment to refer back to your Anticancer Wheel of Life to identify which core value is most important to focus on right now.**

Consider using what is known as the S-M-A-R-T or SMART goal framework to help you set realistic goals that will have a positive impact on your life:

- **S=SPECIFIC**  
Goals should be clear and easy to understand. Being specific will help you to define the goal and determine how to attain it.
- **M=MEASURABLE**  
Using numbers allows you to measure your success.
- **A=ATTAINABLE**  
It's good to 'shoot for the stars', but be realistic about what you can accomplish. Likewise, a goal that is too easy may not be very motivating. Only you know your limits.
- **R=RELEVANT**  
Set goals that are important to where you are in your life right now. Don't set a goal that someone else is pressuring you to attain. To maintain your motivation, the goal needs to be important to you.
- **T=TIME-BOUND**  
Include an end-point. Knowing that you have a deadline will motivate you to get started.

Remember that goals do not have to be an all-or-nothing effort. In fact, many people find that an all-or-nothing mentality is a recipe for failure. Many small steps taken over time can get you to the same spot as a few huge leaps.

Using the SMART framework to set goals that align to the core values in your Anticancer Wheel of Life will give you a great start.

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<b>MY S.M.A.R.T. GOAL:</b>		
<i>Considerations</i>	<i>Ask Yourself:</i>	<i>Write out your thoughts:</i>
<b>Intention:</b>	What do you want to accomplish?	
<b>S-Specific</b>	Who-What-When-Where-Why?	
<b>M-Measurable</b>	How much, how often, how many AND how will I know when I've met this goal?	
<b>A-Attainable</b>	Is this something I can realistically achieve?	
<b>R-Relevant</b>	Is this important to you? Does it align with your values and priorities? (Consider your Anticancer Wheel of Life)	
<b>T-Time Bound</b>	When will this goal be met?	
<i>Now write your SMART goal:</i>		

Use this template to create each of your SMART goals!