



# Smart Goals & Tiny Habits

## WORKBOOK



## Smart Goals & Tiny Habits Workbook

### Signs that Something Needs to Change

**What are some noticeable signs and symptoms from your body that something needs to change?**

Try to put them into medical terms and do not use self-judgmental language. For example, *"I am carrying excess body fat"*, *"The doctor diagnosed me with high blood pressure"*, or *"I can only get about 4 hours of sleep each night and I feel exhausted all the time"*.

**What are some thoughts, feelings, and behaviors regarding your well-being that need your attention?**

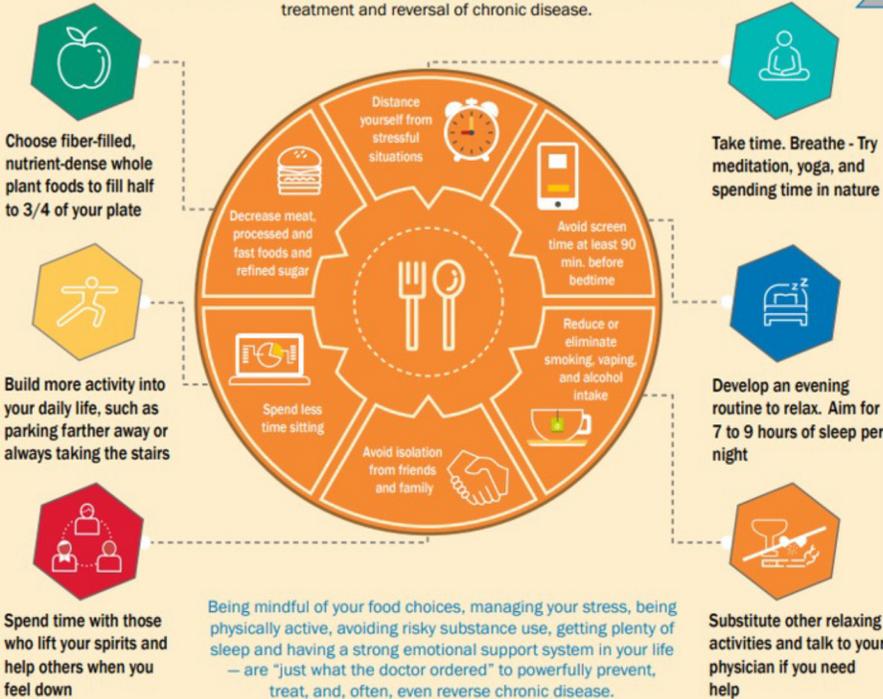
For example, *"I think negative thoughts when I look in the mirror"*, *"I feel stuck in my dependence on sugar"*, or *"I yell at others unexpectedly when I'm really stressed out, causing them unnecessary distress, and then I turn to alcohol to soothe myself because I feel bad for upsetting them."*

# First Steps to HEALTH RESTORATION

Lifestyle Medicine is the use of evidence-based therapies such as a whole food, plant-predominant dietary lifestyle, regular physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connection for the treatment and reversal of chronic disease.



## ADDITIONAL TIPS



- Drink water to quench thirst.
- Choose a fitness activity you enjoy, such as walking, moving in water or biking. Build up slowly, with a goal of at least 30 min. 5 days/week.
- For the best quality of sleep, make your room cool, dark, quiet and comfortable.
- Understand the well-documented dangers of any addictive substance use can increase risk for many cancers and heart disease.
- Recognize stress that leads to improved health and productivity vs. stress that leads to anxiety, depression, obesity, immune dysfunction and more.
- Set regular times to engage with others. Social connectedness is essential to emotional resiliency.

Being mindful of your food choices, managing your stress, being physically active, avoiding risky substance use, getting plenty of sleep and having a strong emotional support system in your life — are “just what the doctor ordered” to powerfully prevent, treat, and, often, even reverse chronic disease.

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The Domain I choose, which is the most important to work on right now is:

The reason I want to work on this Domain right now is because:

# SMART GOALS

Now it's time to translate your chosen item you wish to change into a SMART Goal. Review the Elements of a SMART Goal Below.

**Specific:** *Examples: Eat Vegetables, Walk, Turn the Lights off, Meditate, Volunteer, Wait 5 min.*

Eating healthier sounds like a good idea. But what does it really mean? Aim for specific goals instead, such as choosing water instead of soda, eating five servings of vegetables a day or limiting your daily sugar intake to 30 grams of added sugar.

**Measurable:** *Example: Two times this week I will volunteer for an hour at my local soup kitchen.*

Make your goal one you can measure in two ways, in amounts such as ounces, inches, body fat percentage, time, or distance. For example, walking 3 days per week for at least 10 minutes each day walked is a goal that covers **two items**: 3 days/week is **how many times** you will walk. Walking at least 10 minutes each time is the right **amount** for you right now. A goal of walking "more" is not so easily measured.

**Attainable:** *Example: I already walk a mile every day at 2 miles per hour, but for my SMART Goal this week I will walk one mile at 2.2 miles per hour to slightly increase my heart rate.*

Attainable is taken to mean achievable. Ask yourself if this is a goal that you are theoretically capable of achieving if you wanted to. Avoid aiming too high or too low. Think like Goldilocks and find a goal that feels just right based on what you are able to do right now.

**Realistic:** *Example: I would like to meditate for 5 minutes in the mornings, but I hit the ground running to get my kids up and ready for school. Since it's not realistic for me to get up any earlier, I will do my daily meditation before I leave work to pick them up from daycare.*

Realistic refers to the appropriateness and sensibility of the goal. Losing 10 pounds a week sounds great. But it's an impossible goal that likely will leave you discouraged – and more likely to give up on your efforts. Your body needs time to develop from where you are at right now! Choosing realistic goals that you CAN meet will reinforce your efforts and keep you moving forward. Losing one pound per week is a realistic and sustainable goal.

**Trackable:** *I tracked my smoking habit this week and I successfully waited 5 minutes before smoking each cigarette when I was having a craving!! I hope to wait 7 minutes during each craving next week.*

Choosing specific, measurable goals means you can track your progress over time. Write your efforts down in a journal or track them on an app so you can see how far you've come.

# SMART GOALS (Continued)

How to write your SMART Goal down: (Refer to the corresponding colors in the previous page)

- **What** you are going to DO (a specific action to do, not AVOID)
- **How many** (number) you are going to do
- **What Amount** (minutes, hours, feet, miles, reps, pounds, ounces, cups, etc.)
- **When** (time of day, what days of the week, etc.)
- **Tracking Length** (all day, one week, two weeks, etc.)
- **Using** (device or method of keeping track of progress)

**Example:** I will walk (**What**) for 10 minutes (**How Many**) each workday (**Amount of Days per Week**) at noon (**When**). I will track this for 1 week (**Tracking Length**) using the timer on my mobile phone.

## MY SMART GOAL

To Improve my Health and Wellness, I Will:

Do this Specific Action: \_\_\_\_\_

How Many (Number): \_\_\_\_\_

What Amount: \_\_\_\_\_ per \_\_\_\_\_

When: \_\_\_\_\_

Tracking Length: \_\_\_\_\_ using \_\_\_\_\_

I have chosen my goal carefully, and I am theoretically capable of achieving it.

My goal is also appropriate and sensible.

## Motivation Starts with Tiny Habits

**Tiny Habits are what the name suggests:** Take things in tiny measures and work on small goals as opposed to larger ones that so often fail. When you break down a new habit to its smallest element, you feel less resistance to do it, and it becomes easier to incorporate that into your routine.

### The ABC's of Tiny Habits:

- A.** Anchor Moment
- B.** Tiny Behavior
- C.** Celebration

Fill out the recipe card below to take your first step toward your desired SMART Goal! Keep building on your Tiny Habits, expanding them, changing them, or adding new ones until you have achieved success for your first SMART Goal on the path of a new Lifestyle!

### Tiny Habits Recipe Card

Create a recipe for your new habit.

<p><b>After I . . .</b></p> <div style="border: 1px solid #ccc; height: 60px; width: 100%;"></div>	<p><b>I will . . .</b></p> <div style="border: 1px solid #ccc; height: 60px; width: 100%;"></div>	<p><b>Then, I celebrate!</b></p> <div style="border: 1px solid #ccc; height: 60px; width: 100%; display: flex; align-items: center; justify-content: center;">  </div>
<p><b>Anchor Moment</b></p> <p style="font-size: x-small;">An existing routine in your life that will remind you to do the Tiny Behavior (your new habit.)</p>	<p><b>Tiny Behavior</b></p> <p style="font-size: x-small;">The new habit you want but scaled back to be super tiny - and super easy.</p>	<p><b>Celebration</b></p> <p style="font-size: x-small;">Something you do to create a positive feeling inside yourself.</p>

Note: Feel free to revise.

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**Great Job on the Workbook!**  
**Celebrate Your Accomplishment!!**