

Physical Regeneration and Strength Upgrade - HANDOUT

Journaling Exercise

Inspired Action is important. **Use the below defined “SMART” Goals to implement your change.** First, let’s define what “SMART” Goals are:

SMART GOALS

Goals are part of every aspect of life and provide a sense of direction, motivation, clear focus, and clarify importance. By setting goals for yourself, you are providing yourself with a target to aim for. A SMART goal is used to help guide goal setting. **SMART** is an acronym that stands for **S**pecific, **M**easurable, **A**chievable, **R**ealistic, and **T**imely. Therefore, a SMART goal incorporates all of these criteria to help focus your efforts and increase the chances of achieving that goal.

SMART goals are:

Specific: Well defined, clear, and unambiguous

Measurable: With specific criteria that measure your progress towards the accomplishment of the goal

Achievable: Attainable and not impossible to achieve

Realistic: Within reach, realistic, and relevant to your life purpose.

Timely: With a clearly defined timeline, including a starting date and a target date. The purpose is to create urgency.

SMART Goal – Specific

Goals that are specific have a significantly greater chance of being accomplished. To make a goal, ask yourself:

- Who is involved in this goal?
- What: What do I want to accomplish?
- Where specific, the five “W” questions must be considered:
- Who: Where is this goal to be achieved?
- When: When do I want to achieve this goal?
- Why: Why do I want to achieve this goal?



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For example, a general goal would be “I want to get in shape.” A more specific goal would be “I want to obtain a gym membership at my local community center and work out four days a week to be healthier.”

SMART Goal – Measurable

A SMART goal must have criteria for measuring progress. If there are no criteria, you will not be able to determine your progress and if you are on track to reach your goal. To make a goal measurable, ask yourself:

- How many/much?
- How do I know if I have reached my goal?
- What is my indicator of progress?

For example, building on the specific goal above: I want to obtain a gym membership at my local community center and work out four days a week to be healthier. Every week, I will aim to lose one pound of body fat.

SMART Goal – Achievable

A SMART goal must be achievable and attainable. This will help you figure out ways you can realize that goal and work towards it. The achievability of the goal should be stretched to make you feel challenged but defined well enough that you can achieve it. Ask yourself:

- Do I have the resources and capabilities to achieve the goal? If not, what am I missing?
- Have others done it successfully before?

SMART Goal – Realistic

A SMART goal must be realistic in that the goal can be realistically achieved given the available resources and time. A SMART goal is likely realistic if you believe that it can be accomplished. Ask yourself:

- Is the goal realistic and within reach?
- Is the goal reachable given the time and resources?
- Are you able to commit to achieving the goal?



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SMART Goal – Timely

A SMART goal must be time-bound in that it has a start and finish date. If the goal is not time constrained, there will be no sense of urgency and motivation to achieve the goal. Ask yourself:

- Does my goal have a deadline?
- By when do you want to achieve your goal?

For example, building on the goal above: On August 1, I will obtain a gym membership at my local community center. In order to be healthier, I will work out four days a week. Every week, I will aim to lose one pound of body fat. By the end of August, I will have realized my goal if I lose four pounds of fat over the course of the month.

The Importance of SMART Goal Setting

The SMART method helps push you further, gives you a sense of direction, and helps you organize and reach your goals.

- 1. Now start first by writing 1-2 overall results that you would like to see (middle column).**
- 2. Next overall purpose (your “why”). Here list the root of what you are wanting. Get as descriptive as you can.**
- 3. What are tangible first steps that you can do right now? List those.**

***This is a beginning point. You can continue to journal / list new items as insights happen!



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An Example:

Physical Regeneration and Strength		
Empowerment Action Plan Incorporate SMART Goals <i>(List in priority those things needed to accomplish)</i>	Overall Result Incorporate SMART Goals <i>Actual results that you want to experience.</i>	Overall Purpose(s) Incorporate SMART Goals <i>My “why”- the reasons that you want to experience the result.</i>
1. Start researching effective ways to strengthen and tone the body and what types of exercise might be best for me. (Yoga and resistance training.) Plan by next Friday.	<p><i>Lose 30 pounds over 30 weeks (1pound average per week).</i></p> <p><i>Increased physical health:</i></p> <ul style="list-style-type: none"> • <i>Toning of arms, legs, stomach</i> • <i>Strengthening of core and arms</i> • <i>Youthful appearance</i> • <i>Energy levels</i> <p><i>Decreased stress levels</i></p> <ul style="list-style-type: none"> • <i>Increased moments of peace & happiness</i> 	<i>Physical health (9 or 10 on scale of 1-10; 10 being highest)</i>
2. Start researching additional ways to get in aerobic activity and what types of exercise might be best for me. (Walking, running, etc.) Plan by next Friday.		<i>High level of confidence (9 or 10 on scale of 1-10; 10 being highest)</i>
3. Start walking 30 minutes a day (at least 3 days a week.) Starting today.		<i>Feeling of empowerment (9 or 10 on scale of 1-10; 10 being highest.)</i>
4. Make an appointment with a trainer to discuss getting a physical assessment of my strength and workout routine goals / ideas.		<i>Higher levels of freedom and energy (9 or 10 on scale of 1-10; 10 being highest)</i>
5. Pencil in my calendar dates/times that I plan to do physical activity.		
6. Become increasingly aware of why I am exercising and the benefits. Exercise to feel fit and rest when I need rest.		
7. Start a 15-minute meditation practice daily.		



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Physical Regeneration and Strength

Name: _____

Empowerment Action Plan Use SMART Goals <i>(List in priority those things needed to accomplish)</i>	Overall Result <i>Actual results that you want to experience.</i>	Overall Purpose(s) <i>My "why"- the reasons that you want to experience the result.</i>
1.		
2.		
3.		
4.		
5.		
6.		
7.		

