

## Smart goal setting

### Questions to help you set your smart goals

**Specific      Measurable      Achievable      Realistic      Time based**

- What is your goal?
- How important is your goal to you? What makes it important?
- What do you need to do to achieve it?
- Which bits will you do this week?
- How much? How often? When?
- If you visualise yourself doing this bit of your goal this week, how confident are you on a scale of 0-10?

(1 - not confident at all

5 - reasonably confident

10 - very confident)

#### Specific

*What will you do?*

#### Measurable

*How much...how often?*

#### Achievable

*How confident are you that you **can** do it? (1 - not confident at all / 5 - reasonably confident / 10 - very confident)*

0   1   2   3   4   5   6   7   8   9   10

#### Realistic

*How confident are you that you **will** do it? (1 - not confident at all / 5 - reasonably confident / 10 - very confident)*

0   1   2   3   4   5   6   7   8   9   10

#### Time based

*When will you do it?*

#### Evaluate

#### Review



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