

# Worksheet 4 – My Wellness SMART Goals



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SMART GOALS	Specific	Measurable	Action Orientated	Relevant	Timeline
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My long-term goal is:

My Specific Short Term Goal is e.g. I will get out of bed by 9.30am 5 days a week	Measurable When will you do this? Add this to your calendar	Action Set my alarm for 9.30am	Achieved by 1 month