

Make a SMART plan to tackle your goal

SMART plans are a road map to help us succeed. They give us a clear idea of where we want to be and how to get there.

5 Reasons to Make SMART Goals



1. They help you focus.



2. They help you stay motivated.



3. They help you manage your time.



4. They help you track your progress.



5. You are more likely to achieve them.

S M A R T PLANS



Make the action you will try to take specific and clear so you'll know exactly what you're going to do.

What will you do?
What do you need to do first?



You should be able to measure the specifics of what you set out to do.

Where and **when** will you do it?
How long will you do it?
How often will you do it?



Your goal should be one that you are confident that you really “**can do**”.

What might get in the way?
How will you overcome these barriers?



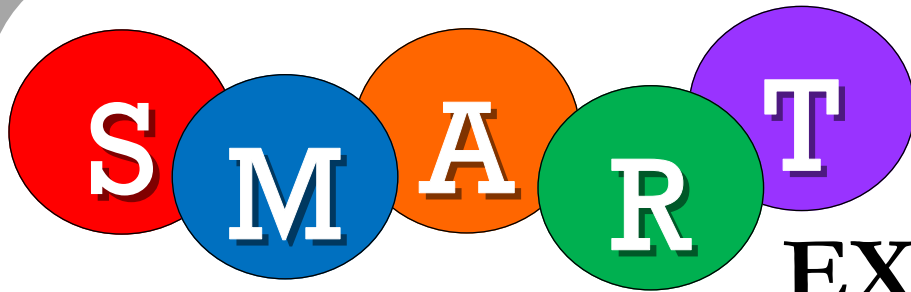
Your goal should be **important** to YOU!

How will this step help you achieve your overall health or life goals?

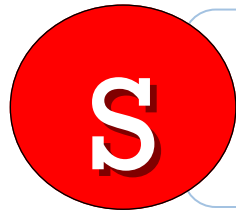


It should have a **beginning** and an **end**.

How long will you try this action plan?
We suggest trying the plan for 2 weeks, or until your next CO-IMPACT call.

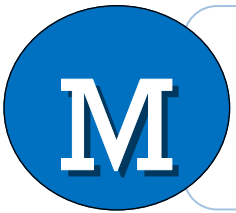


EXAMPLES



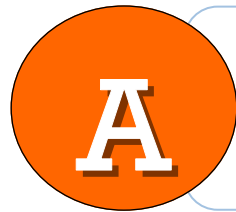
Not specific: To exercise

Specific: To get started with a walking routine



Not measurable: To walk often

Measurable: To walk for 30 minutes, 3 times a week



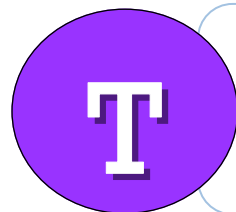
Not attainable: To walk 5 miles in 30 minutes

Attainable: To walk 1 ½ miles in 30 minutes



Not relevant: To walk because my spouse wants me to

Relevant: To walk because I want to have energy to dance at my daughter's wedding



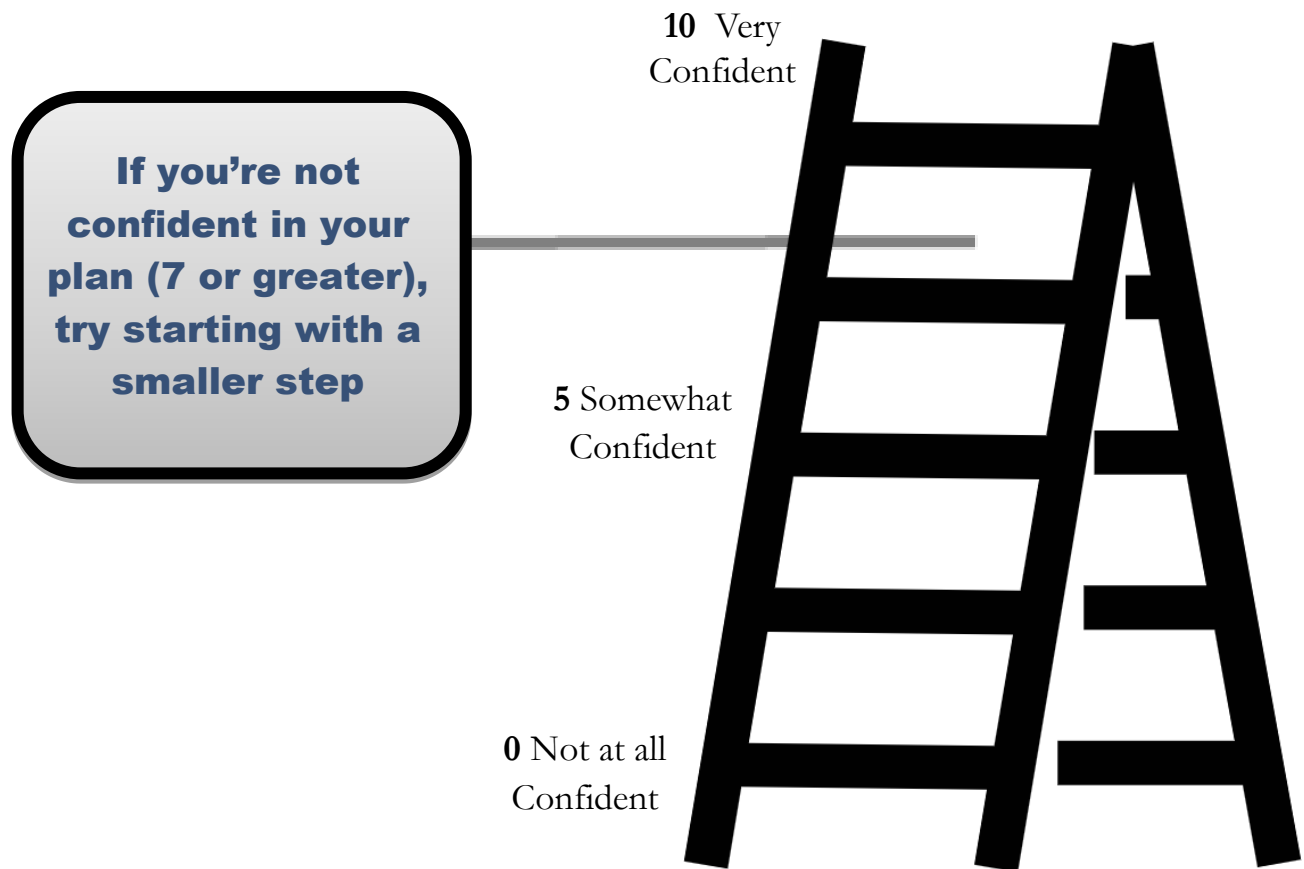
Not time-based: To walk 5 times a week until I feel fit

Time-based: To walk for 30 minutes, 3 times a week for a month, then see how it's going

Making **ATTAINABLE** plans is **KEY**

- ♦ Keep what you plan to do realistic—not too big or overwhelming. If it feels overwhelming, break it down into smaller steps that you feel confident you can do right now.
- ♦ What kind of support might you need, and how can you get this support?
- ♦ How confident are you that you can complete this specific plan?

On a scale of 0 to 10, where 0 is "not at all confident" and 10 is "very confident," how confident are you that you could take these steps if you decided to?



FOLLOW your plan and learn from your efforts:

After the first week, ask yourself how you're doing with the plan:

- ◆ How are you feeling about what you are trying?
- ◆ What is working?
- ◆ Do you feel your plan is easy to stick to?
- ◆ What is getting in the way of what you planned to do?
- ◆ What changes or differences have you noticed?
- ◆ What, if any, challenges are you facing with controlling your diabetes while you follow this plan?



Monstera (photographer). Men Making a Plan [Digital image]. Retrieved from // www.pexels.com/photo/focused-men-doing-a-plan-9433336/

Tips for Success

- ◆ Change is hard! It's important to pause and savor your successes, even the small ones!
- ◆ If you run into problems following your action plan, use what you've learned to change your plan to one you think will be more successful.
- ◆ If you feel stuck or are having a hard time, ask a friend, family member, or your healthcare team for help.
- ◆ Problem solving is an ongoing process. Do not give up when you cannot come up with a solution immediately. And do not give up when your first plan to solve the problem does not work. It often takes many tries to find a solution.
- ◆ When you reach your first goal, celebrate your success, then create an action plan for your next goal.
- ◆ Involve someone else—a partner, a friend, someone who can encourage you.
- ◆ Try to make your plan fun and enjoyable.
- ◆ Write your plan down and post it in a prominent place in your home.
- ◆ Don't try to work on everything at once. Try starting with what you think would be the easiest thing to change.