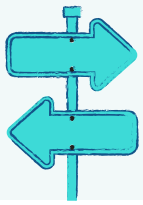

# PLAN TO FEEL GREAT!
# WORKSHEET

EPISODE 2 Worksheet

Goal Setting: How to Set the Right Goals to Make Lasting Change

## SMART Goals for Your Health

**Specific:** Who, What, Where, and What will it look like?

**Measurable:** How many? How fast? For how long?

**Achievable:** Can you reach this goal AND is it big enough?

**Relevant:** Does this get you closer to what you really want?

**Time-Bound:** When will you reach this goal?

**Long Term Goal #1:** _____

**Long Term Goal #2:** _____

**Long Term Goal #3:** _____

**Long Term Goal #4:** _____

**Long Term Goal #5:** _____

***Bonus:*** Tell me what your goals are! @DrLaurenCrigler on Facebook and on Instagram

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