

Active Wait – Set a SMART Goal

Goals are a great way to keep you focused and moving forward. They can change the way you manage your day-to-day life. They can help you get back to doing the things you love to do and may help you improve your overall health. This worksheet is designed to help you set a SMART goal—one that's Specific, Measurable, Attainable, Relevant, and Timebound. As you fill out the worksheet, keep in mind that the SMARTer the goal, the more likely you are to achieve it!

Start by writing a goal

Think of something meaningful you'd like to accomplish. Maybe it's an activity you've given up and want to get back to, doing more activity, quitting smoking, or losing some weight.

Now make your goal SMART:

Add Specifics: _____

Think about what exactly you want to achieve. Consider questions like: Who? What? Where? When? Why? How?

Make it Measurable: _____

How will you track progress? Try adding measurements, like time (example: 30 minutes), distance (example: 1 mile), or quantity (example: 3 days a week).

Make sure it's Attainable: _____

Is your goal realistic for you to achieve? If not, think about how to make it a bit more attainable. Remember, a "smaller" goal is better than no goal at all!

Make sure it's Relevant: _____

Is your goal important to you? The more personally meaningful the goal, the more likely you are to achieve it.

Make it Timebound: _____

What is the target date for reaching your goal? Use a specific date, rather than something like "the end of summer."

Now put it all together and write your SMARTer goal here:

Active Wait – SMART Goal Action Plan

Now that you've set a SMART goal, it's time to create an action plan to help you achieve it.

Start by writing your SMART goal here:

List the steps you'll take to stay on track:

These could include marking your calendar, setting cell phone reminder messages, or scheduling times for your family members and friends to check-in on you. Essentially, any steps you can think of that will help you out along the way.

1. _____
2. _____
3. _____
4. _____
5. _____

List potential barriers and how you'll overcome them:

Sometimes, how we feel physically can prevent us from reaching the goals we set for ourselves. This could include pain, stiffness, swelling, and fatigue. Are there any barriers that may prevent you from reaching your goal? And if there are, think about ways you can cope with them, for example, if you are experiencing pain from walking, take regular breaks to rest before starting again. If you can't think of any, that's okay.

| Barriers | How to overcome it |
|----------|--------------------|
| | |
| | |
| | |

List potential life obstacles and how you'll overcome them:

When waiting for joint replacement surgery and coping with the pain we experience, we can face a range of obstacles that can impact our daily life: anxiety, lack of motivation, daily house chores, limited movement. Are there any potential life obstacles that may prevent you from reaching your goal? If so, think about ways you can overcome them. Things like asking for help and setting extra "goal time" could be options.

| Life obstacle | How to overcome it |
|---------------|--------------------|
| | |
| | |
| | |

List people you can ask for help:

Reaching your goals on time may be easier if you ask for a little bit of help along the way. Who can you count on for support? Think of those close to you who may be willing to help such as friends or family. List their names and write down how you think each can help you succeed.

| Name | How they can help |
|------|-------------------|
| | |
| | |
| | |

List your milestones and rewards:

Setting milestones and rewarding yourself for meeting them is a great way to stay motivated. Go ahead and set a few milestones, dates, and rewards. If your goal is a month away, consider setting a milestone for when you're halfway there. If your goal is a few months away, consider setting a milestone once a month.

| Milestone | Date | Reward |
|-----------|------|--------|
| | | |
| | | |
| | | |

Great! You're one step closer on the path to reaching your SMART goal. As you continue, use this SMART goal action plan to remind yourself of the steps you need to take, the obstacles you may encounter, the people who can help you through those obstacles, and the milestones you plan on hitting along the way.