SMART GOAL SETTING TEMPLATE



Specific

The action is clear, detailed, and well-defined.



Measurable

The action has specific criteria for measuring progress and success.



Attainable

The action is realistic and achievable given our skills, resources, and constraints.



Relevant

The action aligns with our overall objectives, values and priorities. It is relevant to the pillar in question.



Time-bound

The action has a clear and specific time frame for completion.



SMART goal example for incorporating breath work



Practice 5 minutes of deep breathing exercises at the start of each day and again for 3 minutes before a scheduled meeting or picking up the kids.



Track daily consistency by adding details to Fitbit app.



Set a reminder on my mobile for 7am in the morning and five minutes before a meeting start.



Regular breathwork can help me reduce stress, improve focus and support my overall wellbeing



Commit to this goal for the next 30 days then assess and adjust if needed to continue incorporating breathwork into my day



SMART goal example for incorporating a mindset activity





My SMART goal





My SMART goal





My SMART goal



