

# My **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.

See following pages for examples.



## Start by writing your SMART goal here:

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## 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 health obstacles and how you'll overcome them:

Sometimes, how we feel physically can prevent us from reaching the goals we set for ourselves. For people with arthritis, this could include pain, stiffness, swelling, and fatigue. Are there any health obstacles that may prevent you from reaching your goal? And if there are, think about ways you can overcome them. If you can't think of any, that's okay. Just leave the second column blank and ask your doctor for suggestions during your next office visit.

**Health obstacle**

**How to overcome it**

Health obstacle	How to overcome it

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

Sometimes life is unpredictable and we run into obstacles that impact reaching our goals: work constraints, family distractions, lack of motivation, bad weather, etc. 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. Friends, family members, coworkers, teammates, etc. List their names and write down how you think each can help you succeed. Leave the second column blank and ask your doctor for suggestions during your next office visit.

Name	How he/she 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.

**Ready to commit to your SMART goal?** Move on to the last worksheet in this tool kit—the SMART goal contract. You'll be able to share this contract with your doctor at your next office visit.

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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:

*I want to take my family on a trip to Washington, DC next August. I'll walk 4 miles every week until then, so I can increase my stamina. I'll set milestones on my calendar. I'll do everything I can to make sure I can do it.*

## 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.

- Mark my calendar with 4 weekly walking sessions (1 mile each).*
- Set walking session reminders on my cell phone.*
- Tell my family about my goal and ask for their support.*
- Research travel-friendly tools and tips for people with RA.*
- Plan an itinerary that includes rest times and public transit options.*

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### Health obstacle

### How to overcome it

<i>Unpredictable flares</i>	<i>Talk to my doctor about my treatment plan</i>
<i>Morning stiffness</i>	<i>Wake up earlier so I have time for a long, hot shower</i>
<i>Allergies</i>	<i>Exercise inside instead of walking outside</i>

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Life obstacle	How to overcome it
<i>Working overtime during the holidays</i>	<i>Set weekly work boundaries with my boss</i>
<i>Weather that's too hot or too cold</i>	<i>Buy weather-appropriate exercise clothing</i>
<i>I'm not familiar with the DC area</i>	<i>Google "tips about getting around DC"</i>

## List people you can ask for help:

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Name	How he/she can help
<i>Spouse</i>	<i>Ask for daily pep talk</i>
<i>Relative</i>	<i>Ask him/her to check-in on my progress weekly</i>
<i>Friend</i>	<i>Ask him/her to be my walking buddy</i>

## List your milestones and rewards:

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Milestone	Date	Reward
<i>1 month—16 miles completed</i>	<i>3/22</i>	<i>New walking shoes</i>
<i>3 months—48 miles completed</i>	<i>5/22</i>	<i>Buy new luggage for trip</i>
<i>6 months—96 miles completed</i>	<i>8/22</i>	<i>A rolling backpack</i>

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