



Healthy Bites Episode 23 – SMART Goals: Specific

Hi, my name is Lauren, a psychologist from Central Coast Health, and I'm here to talk about goal setting.

I'm sure you can think of instances where we've set ourselves goals that we haven't managed to reach. New Year's resolutions are a classic example of this!

But we can use a technique called SMART goal setting to give ourselves the best chance of sticking to them. SMART stands for Specific, Measurable, Achievable, Relevant and Timed, and it can be used in any area of our life where we are working towards improving our current habits – in any aspect of our lives. For example: exercising more or eating healthier, saving money, or even cleaning out the garage!

Let's look at the goal of 'I want to exercise more' as an example, and turn that into a SMART goal.

Today, we'll start by making the goal as specific as we can – that's the S in SMART. For this, the more detail the better, such as the intensity, type of exercise, time of day you want to do it, and for how long.

So, rather than saying, "I am going to exercise more this month," we can make the goal: "I want to walk around my neighbourhood 20 minutes a day, 3 times a week in the mornings."

By making the goal specific, we set ourselves a definitive target to aim for.