

Trackable. Being able to track your progress encourages you to keep going and reach your goal. Look for ways to chart your improvements.

Here's how

These are examples of goals that follow the SMART formula:

Goal: Reduce my use of over-the-counter pain medications

When I want to achieve it: 2 weeks

How I'm going to do it: Plan my day to include exercise, pace myself at work and take frequent breaks, use relaxation techniques

How I'm going to measure it: Each day, record in my journal the medication I took and how much

Goal: Exercise 40 minutes each day

When I want to achieve it: 4 weeks

How I'm going to do it: Stretch and do strengthening exercises 15 minutes in the morning, walk 10 minutes during my lunch hour, bicycle 15 minutes in the evening

How I'm going to measure it: Record in my journal when I exercised and for how long

Consider setting goals for yourself in the following areas:

- Physical activity
- Emotions and behavior
- Stress and relaxation
- Family and friends
- Leisure and recreation
- Work
- Medication