

## SMARTER GOAL Worksheet

What You Want To Accomplish		
Existing Cue	Existing Reward	Existing Routine
New Routine		
Existing Cue	Existing Reward	Existing Routine
New Routine		
Specific Action		
Measurable Results		
Is This Achievable?		
Anything Keeping Me From Realistically Doing This?		
Time To Completion		
Combined New Routine		
Positive Action Statement		