Easy Steps to Create SMART Health Goals

Hello [[firstname]],

After reading today’s blog post, Ways to Accomplish Your New Year’s Health Goals, you might be wondering about steps to create SMART health goals.

Creating your health goals may seem like a simple thing to accomplish, but the truth is it can be difficult if you don't take the right steps. There are actually three easy steps to create your smart health goals that will help you achieve the goals and keep on track. These are especially helpful if you find yourself getting off track or abandoning your goals after a few weeks or few months. Here are those three steps and how you can implement them into creating your smart health goals.

**Use Positive Words**

Using positive words is one of the first steps you need to take to create smart health goals. You should use words that tell your brain you will achieve what you are doing and that you don't have to have immediate results. For example, use the words like will or develop or when. These three words can be so powerful in your health goals because they tell you that you are doing to do something without fail. They are telling you that you are developing a routine while you develop during the different stages of the health goals. You are also saying that when you do this you will move to another step or reward. All of these are positive points.

**Remove Negative Wording**

Once you have your goals written down, you should go back and review them to remove any negative wording that may be there. For example, you want to remove words like may or might and especially can't. Don't restrict yourself to things you can't have or won't have. Instead leave that out and focus on the positive attributes only. The words may and might actually suggest that there is failure expected and gives you the route of what to do in case of that impending failure. Instead, remove that word or those words and reword them with positive attributes.

**Set Rewards for Small and Large Accomplishments**

Make sure you are setting reward for yourself. This isn't a problem for most people, but you may be setting the goals based on long term rewards instead of short term. Make sure you are rewarding yourself for both levels of goals and give yourself a pat on the back. The rewards should also be positive and not hindering to your health goals. For example, don't reward yourself with food. Instead reward yourself with registering for a new 5k or new equipment or a spa day.

There are more steps out there that you can bring to your smart health goals and planning, but these will get you started on the right track. Remember to avoid negative words and phrases that suggest possible failure like may and might. By taking these into consideration, you will see a huge impact on your health goals and reaching those goals overtime.

[sign off]