

Healthy Living

Topic of February GOAL SETTING

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Goal: The object to which effort or ambition is directed; the destination of a journey. – Oxford English Dictionary

Set SMART Goals

S-Specific

What exactly do you want to achieve?

Clearly and directly describe what you will do. Ask yourself the 5 W's: who, what, where, when, why

M-Measurable

How will you know when you have met your goal?

Pick a goal you can observe or measure (i.e. time, distance, weight, strength increases, etc.)

A-Achievable

Is this goal something that can really be accomplished?

Consider your skills, resources, and environment to make sure that you have the tools needed to achieve this goal.

R-Relevant and Realistic

Is the goal too easy or too hard? Is the goal meaningful to you?

Choose a goal that is challenging but attainable. Also consider how this goal fits into your life.

T-Time bound

When will you achieve your goal?

Pick a specific date or timeframe for the goal to be achieved.

Achieve Your Goals By Getting Out in the Community

Walk with a DOC! Go for a walk with a doctor, ask questions, and take control of your health. Take the opportunity to discuss health related goals. This is a free event and no pre-registration is necessary. Go to Walkwithadoc.org to learn more!



Join the Duke Health and Exercise Research Trials Registry!



We are looking for healthy volunteers and individuals with various medical conditions to join a variety of clinical research studies. To learn more, contact our team @

Research@duke.edu or 919-681-9000

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Tiny Habits

Creating new habits and breaking old habits can be a tough task. However, Dr. BJ Fogg has created a free 5-day program focused on the small steps to habit changes. Check out tinyhabits.com to learn more!

Challenge of the Month

Complete A Goal Setting Activity

- Make 2 SMART goals: a short term goal and a long term goal!
- Tell your friends and family about your goals. Social support can help you stay on track in achieving your goals!

Reflection Activities

- To achieve short and long term goals, try journaling!
- Identify barriers/obstacles and brainstorm how to overcome them.
- Utilize programs such as *WALK WITH A DOC* to help form SMART health goals.
- Consider how valuable your goals are to you.

Words of Wisdom

“The victory of success is half won when one gains the habit of setting and achieving goals”

– Og Mandino