

Weekly SMART Goal Planner

A simple way to set one small, meaningful, psychology-aligned goal.

SECTION 1 — QUICK INSTRUCTIONS

How to Use This Worksheet:

Choose one small habit that supports the person you're becoming. Make it:

- Specific
- Measurable
- Achievable
- Relevant (aligned with your values)
- Time-bound (one week)

Small goals build consistency, confidence, and identity — without pressure.

SECTION 2 — YOUR WEEKLY SMART GOAL

My SMART Goal for This Week:

Example: "For the next 7 days, I will take a 10-minute walk after lunch at least 4 times this week."

Write your goal here...

Is it truly achievable (even on stressful days)? Yes No

Which value does this goal support?

(energy, calm, health, confidence, presence, etc.)

Why this matters to me:

SECTION 3 — MICRO-HABITS THAT SUPPORT MY GOAL (OPTIONAL)

You may choose 1-2 tiny habits that reinforce your main goal.

Examples: • Drink a glass of water before lunch • Pause 10 seconds before snacking • Eat the first 3 bites mindfully • Stretch for 2 minutes before bed • Put walking shoes near the door

Supporting Micro-Habit 1:

Supporting Micro-Habit 2 (optional):

SECTION 4 — WEEKLY CHECK-IN (7-DAY TRACKER)

Use this simple grid to track whether you completed your goal each day. Treat it as information, not judgment.

Day	Completed?	Notes
Monday	<input type="checkbox"/>	
Tuesday	<input type="checkbox"/>	
Wednesday	<input type="checkbox"/>	
Thursday	<input type="checkbox"/>	
Friday	<input type="checkbox"/>	
Saturday	<input type="checkbox"/>	
Sunday	<input type="checkbox"/>	

SECTION 5 — END-OF-WEEK REFLECTION

What went well?

What felt challenging (without judgment)?

What I learned about my habits or identity:

One small shift I'll carry into next week:

"Small, consistent actions lead to powerful identity shifts. You don't need perfection — just presence."