

Smart goals and Tiny Habits

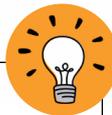
Making time for the things that matter to you can feel easier with a little planning. You might want to take small daily steps or make longer-term goals. Writing them down or using a planner can make them feel more achievable.

Planning ahead helps you include activities

that lift your mood or that you've enjoyed in the past. Remember to pace yourself, every small step counts and adds up over time.

Smart goals are for bigger, structured plans. Tiny Habits are for small actions that gently build momentum.

SMART GOALS



Consider what matters to you and where you want to start. Setting a clear goal helps us move from vague intentions ("I should exercise more") to a practical plan. SMART is a useful checklist:

- **S**pecific – narrow down your goal so it's clear and focused.
- **M**easurable – make sure you can track your progress.
- **A**chievable – realistic for where you are right now.
- **R**elevant – connected to what matters most to you.
- **T**ime-based – give it a timeframe so you can review and adjust.

SMART goal example:

"I want to do more gentle exercise (relevant), so I will do a 10-minute yoga video on YouTube (specific) before my shower each morning (time-based) at least 3 times a week (achievable) for the next few weeks (time-based). I'll note down how I feel afterwards in my notes app (measurable)."

TINY HABITS



Sometimes a SMART GOAL can feel too big at first. That's where Tiny Habits come in:

- Steps of tiny habits that take almost no effort but create a ripple effect over time.
- You anchor them to something you already do, so they slot easily into your day.
- Celebrate small wins to create a positive feeling.
- Each tiny success builds confidence and rewires your brain to feel good about change.

Tiny Habit examples:

- After you brush your teeth, stretch for 30 seconds.
- After you make your morning tea or coffee, take 5 deep breaths.
- When you get home from work, send a quick message to a friend.

Use the Tiny Habits worksheet over the page.

Tiny Habits

Fill in this worksheet to create your Tiny Habits

Behaviour or goal I want to achieve	Anchor moment	Tiny behaviour	Celebration	How did it go over the past week?



Anchor moment

An existing routine in your life that will remind you to do the new Tiny behaviour (your new habit).

Tiny behaviour

The new habit you want but scaled back to be super tiny - and super easy!

Celebration

Something you do to create a positive feeling inside yourself.

