

What is a SMART goal?

Talking about diabetes and improving diabetes control altogether may seem difficult and daunting sometimes.

Here is a tip:

Try breaking it down into smaller steps.
Try setting a SMART goal to take it one step at a time.



Specific:

Clearly define your goal.

Make it as specific as possible, and write down exactly why you want to achieve this goal.





Measurable:

Make your goal measurable. Whatever you want to achieve, make sure you have a way of measuring it when you meet your goal.



Achievable:

Is your goal achievable in the allotted time? What steps must you take in order to achieve this goal?



Realistic:

Be realistic about how long it will take to reach your goal, and the steps you are taking to get there.



Timestamped:

Time sensitive goals are more likely to be achieved, whereas a loose thought will get piled behind a to-do list that keeps on growing.

Contributed by



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