

**S.M.A.R.T.
Freedom
Change**



- S** Specific
- M** Measurable
- A** Achievable
- R** Realistic
- T** Time Limited



Written by:
Marilyn Williams
Certified Nutritional Counsellor
& Dietary Consultant



**©COPYRIGHT 2018
MARILYN WILLIAMS
ALL RIGHTS
RESERVED**

This work is © Copyright and not to be copied or shared in any fashion.

Disclaimer:

The information, including but not limited to, text, graphics, images and other material contained on this website are for informational purposes only. The purpose of this website is to promote broad consumer understanding and knowledge of various health topics. It is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read on this website.



S.M.A.R.T
Freedom
Change

- As you work your way through the lessons make a decision on what you think you would like to change.
- If the change is something that is personal to you, you are more likely to stick to it rather than me telling you what you need to do.
- I will make suggestions, but I want you to decide what is a right fit for you.



S.M.A.R.T. Freedom Change

Specific

Be very specific about what you choose.

Measurable

Try to be specific about how much you will achieve.

Achievable

It needs to be something that can be achieved... a stretch, but not too far.

Realistic

Keep it as realistic as you can... something you can actually see happening.

Time Limited

There needs to be a specific date that you will achieve your goal on. I would suggest you make them weekly and when you achieve that particular goal, continue with it as you add another one in.

The process of change is not an easy one. You will need time to prepare and think your way through it.

Through these lessons we need to decide to make life-long changes. It can be easy to change for just a few weeks, but we need to work at making changes we want to instigate for life.

I'd like you to record on your **Smart Changes Sheet**, one new goal that you'd like to achieve each week.

It is a well-known fact that goals written down are much more likely to be achieved than those simply stored in your head! It's much easier to stick with a goal that is personal to you - if you write it down and make it quite specific!



S.M.A.R.T.
Freedom
Change