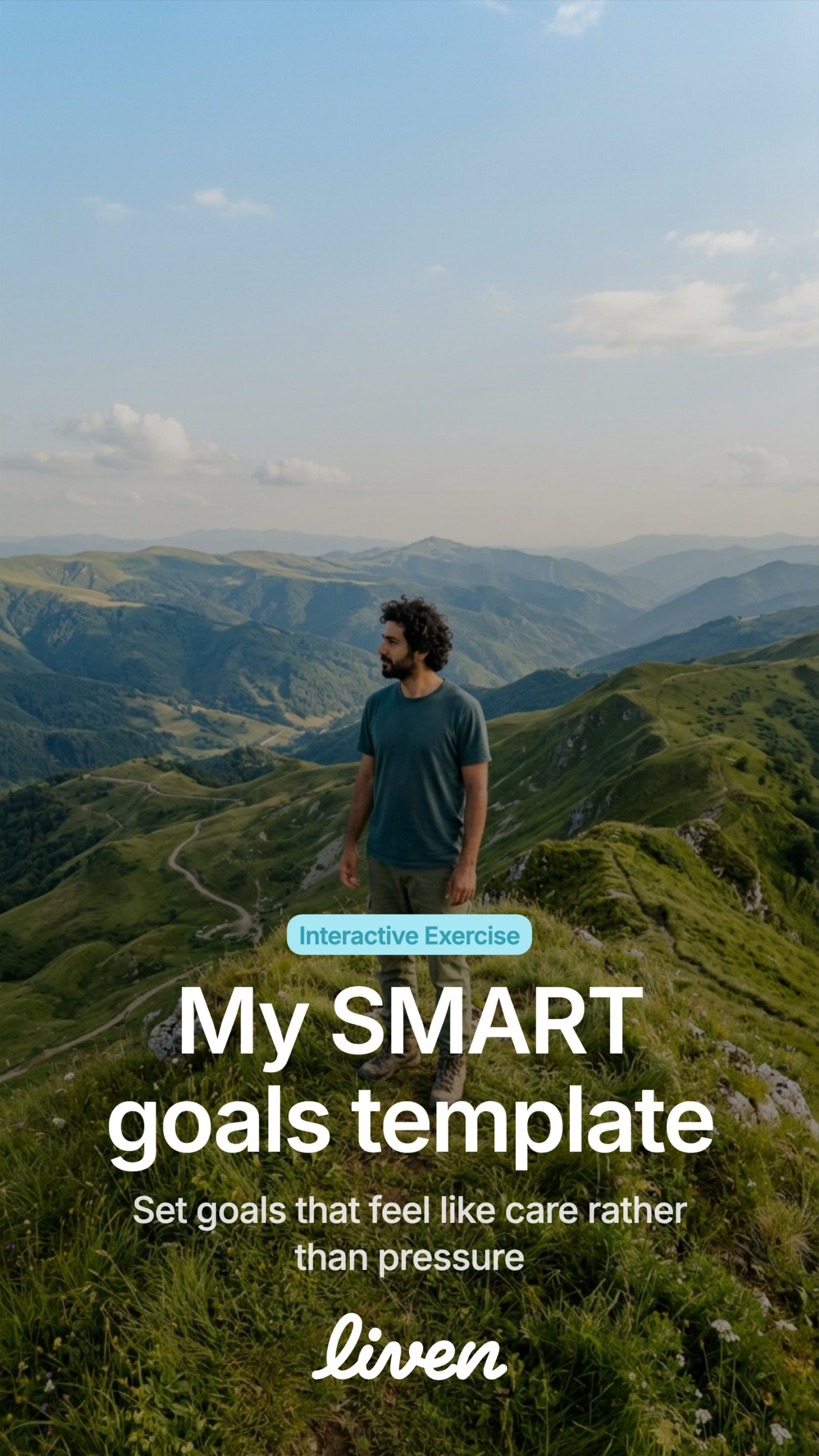




Interactive Exercise

My SMART goals template

Set goals that feel like care rather
than pressure

liven

How to use this template

Pick one area of your wellbeing you want to work on. Work through the SMART framework, then run your goal through the self-compassion check at the end. If the goal feels punishing when you read it back, it probably needs adjusting before you start. One goal done with kindness is worth more than ten set from a place of harsh self-judgment.



Before you begin

Ask yourself honestly:
**What do I need right now — not what I
think I should want?**

Take a moment to sit with that question.
There's no wrong answer here.

Type here...

Type here...

My wellbeing focus

What part of your life are you focusing on?

Some areas to consider:

Rest

Movement

Connection

How you talk to yourself

Energy

Boundaries

Creativity

Something else

What part of your life are you focusing on?

Rest, movement, connection, how you talk to yourself — or something else entirely.

Example:

How I talk to myself when things go wrong

Type here...

Type here...

Why this area, right now?

What's making this feel important at this moment in your life?

Example:

I've noticed I'm exhausted and keep pushing through instead of resting

Type here...

Type here...

S

Specific

What exactly do you want to do, experience, or change?

Tip: "I want to feel calmer" is a destination. "I want to spend 10 minutes each morning before I open my phone" is a path.

My goal is:

Describe it as specifically as you can — what you'll do, when, and how often.

Type here...

Type here...

M

Measurable

How will you know it's happening? What does progress look and feel like?

You don't need a spreadsheet. "I notice I'm less rushed in the mornings" counts.

I'll know I'm making progress when:

Think about how you'll feel, what you'll notice, or what will be different.

Type here...

Type here...

A

Achievable

Is this realistic for your life right now — not your ideal life?

Honest check before you continue:

- ☐ I can picture myself doing this on a normal week
- ☐ I could do a small version of this on a hard day
- ☐ This feels stretching but not overwhelming

On a hard week, the smallest version of this I could still do is:

Scale it down until it feels almost too easy. That's your floor — not your failure.

Example:

Just sit quietly for 2 minutes before getting up, even if I can't manage the full 10

Type here...

Type here...

R

Relevant

Does this goal connect to something you genuinely care about?

*Goals disconnected from meaning fade fast.
What matters to you underneath this goal?*

This matters to me because:

Go deeper than the surface. What value or need does this goal serve?

Type here...

Type here...

T

Time-bound

When will you try this, and for how long?

Keep it short at first. Two weeks feels more doable than "forever."

I'll try this for:

Example:

Two weeks

Type here...
Type here...

Starting:

Example:

This Monday

Type here...
Type here...

Self-compassion checkpoint

Read your goal back out loud. Then answer honestly.

Does this goal feel like something I want, or something I think I should want?

Notice any difference between those two feelings — both are valid information.

Example:

Mostly something I want, though part of me is still performing "being productive"

Type here...

Type here...

If I miss a day, I'll remind myself that...

Finish this sentence with the words you'd say to a friend in the same situation.

Example:

...one missed day doesn't erase all the days I showed up, and rest is part of the process too

Type here...

Type here...

What will I do instead of giving up if this feels hard?

Name a concrete fallback — a smaller version, a pause, or a way to reconnect with your why.

Example:

I'll do just 2 minutes, or re-read why I started, or talk to someone I trust

Type here...

Type here...

Reflection space

What's one thing I'm proud of myself for?

Something that has nothing to do with this goal — just something that's true about you right now.

Example:

I've been showing up for the people I love even when I'm tired

Type here...

Type here...

What would making progress on this goal free up for me?

Think beyond the goal itself — what becomes possible?

Example:

More ease in my mornings might mean I feel less resentful going into my day

Type here...

Type here...

What's the first small step I could take today?

Small enough that it almost feels too easy.
That's the point.

Example:

Set my phone to charge outside my
bedroom tonight so tomorrow's easier

Type here...

Type here...

liven



5M

Downloads

300K+

5-star reviews

**Knowing how you want to feel
is one thing. Getting there day
to day is another.**

A few quick questions can help you notice
what tends to pull you off course, and point
you to a few small tools to try.

Start with a test