1. Consistency with physical health.
2. Doing things I enjoy rather than indulging in distractions.
3. Focusing on limiting distractions.

SMART Goals

S	**Specific** What am I going to do? Why is this important to me?	I am going to do things more often that contribute to the strengthening of my overall physical wellbeing. It is important because it makes me feel better, more confident, improved mental health, and generally happier.	I want to improve the quality of my free time by focusing time on activities I truly enjoy rather than quick distractions. Important because it will help me to be happier. These distractions do not refuel me and push me further towards burnout.	I also want to improve my ability to identify distractions & when it is appropriate or not to engage. Important because many tasks such as work or even free time are better done with full focus. I believe it will help me to be more productive & happy.
M	**Measurable** How will I measure my success? How will I know when I have achieved my goal?	Measuring is easy, but I will need to be careful to measure the right thing. To start, I think hitting ≥ 6 days each week where I am getting ≥ 10,000 steps or time spent in the gym. I'll know I've done it when I have done it! This is a goal that will reset at the beginning of every week.	More abstract measuring. I'll be interested to hear Ken's thoughts here. Most of my "distractions" are on my phone, so I could leverage the Screen Time feature, though this would not capture the positive replacement with new activities. I still should work on a metric for this.	Here is where I think my screen time metric may be more relevant. Monday my time between Twitch & YouTube my screen time was 9½ hours. I would really rather that number be more like 1 to 0. I'll know I have achieved it when I'm getting less than 7 hours each week on those apps.
A	**Attainable** What will I do to achieve this goal? How will I accomplish this goal?	• <u>Make</u> ~~Consider~~ a schedule – predetermined times of the day/week that I'm doing this exercise. • Implement a ruleset that helps get more steps throughout the day • Implement reminders throughout the day that remind me how good I will feel from exercising.	• Make a list of things I enjoy so I can have a menu to choose from for varying situations. • Similar to the exercise, schedule fun activities that give me something to look forward to! • Gamify free time by working on fun projects or developing other goals – i.e. time spent enjoying myself.	• Take notes, maybe even plot, my screen time for the offending apps. • Implement controls on my phone that make it more difficult to mindlessly scroll. • Sometimes a distraction or break is necessary. Find something that scratches that itch but does not trap me.
R	**Relevant** Is this goal worthwhile? How will achieving it help me? Does this goal fit my values?	Of course! Better exercise is very well-proven to increase one's quality of life. It's an activity that I enjoy and makes me feel more accomplished. And it fits my values of being a happier, healthier person.	I think that this may be my most impactful goal on this list. Wasting time with distractions makes time seem to slip out of my hands, zaps all of my dopamine, and makes my brain feel dull. This effect is not replicated by doing more active activities like reading a book or hiking.	Here there is a lot of overlap to goal #2, where this is the precursor to the former. Having a goal which specifically focuses on removing these distractions will facilitate my other goals. This fits my values by helping me be more productive and a clear path to being less unhappy.
T	**Time-Bound** When will I accomplish my goal? How long will I give myself?	With a goal of 6 days per week, I think a ramped-up version of this will help me to build the habits more slowly. I'll start now, and ramp up across 3 weeks. This week I will aim for 4/7, next week 5/7, then cap out in the third week & moving forward at 6/7.	This is another thing I will start now. When I can remember, I will try to reach for the better task than the easier one. I'll start to formulate my "fun grocery list" in week 1 & try to look at scheduling that free time for a little more structure in week 2. Then combine both for a strong week 3!	This is a habit that I have tried (and failed) to break – it is my own personal smoking. Normally my attempt is cold turkey. I can start today, but rather than deleting my distractions, I can find perhaps a ramped model over the next three weeks.

_____

_____

_____