

SMART Goals Postcard Activity

Objective: To help participants identify a personal health or wellness goal and create a plan to accomplish this goal.

Helpful Materials: SMART Goals handout (see next page). CC&S postcards. (Index cards could also be used). Scrap paper. Pens/pencils.

Note: This activity was adapted from the *Understanding Cancer Activity Guide* by Dr. Melany Cueva from the Alaska Native Tribal Health Consortium.

Directions:

1. Review and provide an example of the components that constitute a SMART goal by working through an example using the prompts on SMART Goals handout (see next page). Steps include:
 - Suggest a sample goal and ask the group to pose questions to help refine it into a SMART goal. A sample goal might be “to eat more vegetables”.
 - Ask the group questions to make the goal Specific, Measurable, Achievable, Realistic, and Timely. Questions might include:
 - How many servings of vegetables do you eat daily now?
 - As a goal, what would you like to increase this to?
 - Do you want to eat more of specific kinds of vegetables, like orange or dark leafy greens?
 - How soon do you expect to make this change?
 - Are there barriers you anticipate to achieving this goal?
 - How can you plan ahead to help overcome those barriers?
 - Once the goal is Specific, Measurable, Achievable, Realistic and Timely, write it on the postcard. For this example, the SMART goal would read “Beginning this week, I will eat 3-5 servings of vegetables every day.”
2. Give each participant a postcard, scrap paper, pen/pencil and a copy of the SMART Goals Handout.
3. Explain the purpose of the activity – to develop their own SMART goal. They will be recording that goal on a postcard that will be mailed to them in approximately 3 months, to check in on their progress towards their goal.
4. Ask participants to write their address on the back of the postcard.
5. Ask participants to reflect on what they've learned in the *Cancer Clear & Simple* series about cancer prevention and screening and consider for themselves a personal health goal they'd like to set for the next year.
6. Have participants write the draft goal on a piece of scratch paper.
7. Pair up individuals. Instruct them to help refine their goal by asking each other relevant questions from SMART Goals handout: Is the goal Specific? Measurable? Achievable? Realistic? Timely?

8. Once they have refined their goal to be a SMART goal that supports their health and wellness in the next year, have them write it on the postcard. Make sure they've addressed it to themselves on the reverse side.
9. Collect the postcards. Remind participants that the postcards will be mailed to them in the future. Additionally, a CC&S staff person may follow up with them to see if they have made progress on their goal.
10. As a group, participants are invited to comment on what they learned from this activity, what surprised them about this activity, and how they might use this activity in the future.

After session:

Send in the postcards within 30 days of the session. Instructions for submitting activity postcards and other evaluation materials can be found at: <https://cancerclearandsimple.org/evaluation/>

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| <p>C SCHO</p> | <p style="text-align: center;"><i>At the Cancer Clear & Simple session, I set the following SMART goal(s) for myself:</i></p> |