







NAME: _____

DOSE GOAL SETTING

SMART GOAL SETTING: Short Term (Two Weeks)

Goal setting unlocks possibility and creates meaningful change. By integrating the DOSE principles, we align our goals with the natural ways our brain fosters joy, contentment, and well-being through activating our four happy brain chemicals. Use this resource to create goals that inspire action and build momentum for a transformative year ahead.

<p>Dopamine</p>  <p><i>Reward</i></p> <p>—</p> <p>How will this goal motivate you or give you a sense of accomplishment?</p>	<p>Oxytocin</p>  <p><i>Bonding</i></p> <p>—</p> <p>How can this goal enhance your connections with others?</p>	<p>Serotonin</p>  <p><i>Mood</i></p> <p>—</p> <p>How will this goal bring you a sense of gratitude or stability?</p>	<p>Endorphins</p>  <p><i>Energy</i></p> <p>—</p> <p>How can this goal energize or invigorate your mind and body?</p>
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In the box below, write one short-term goal (two weeks) that incorporates the DOSE principles:

List the small steps you will take in order to turn this **goal** into a SMART **goal**.

S	Make it Specific	Define your goal as much as possible. Think about who, what where and when.
M	Make it Measurable	How can you measure this goal?
A	Make it Attainable	Is this goal achievable? What resources can help you?
R	Make it Relevant	Is this goal important to you? Why?
T	Make it Timely	How long will it take to reach your goal? When is the due date?







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DOSE GOAL SETTING

SMART GOAL SETTING: Long Term (8-10 Weeks)

Long-term goals set the foundation for sustained growth and joy by increasing your motivation and enhancing your daily focus.

<p>Dopamine</p>  <p><i>Reward</i></p> <p>—</p> <p>How will this goal motivate you or give you a sense of accomplishment?</p>	<p>Oxytocin</p>  <p><i>Bonding</i></p> <p>—</p> <p>How can this goal enhance your connections with others?</p>	<p>Serotonin</p>  <p><i>Mood</i></p> <p>—</p> <p>How will this goal bring you a sense of gratitude or stability?</p>	<p>Endorphins</p>  <p><i>Energy</i></p> <p>—</p> <p>How can this goal energize or invigorate your mind and body?</p>
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In the box below, write one long-term goal (8-10 weeks) that incorporates the DOSE principles:

List the small steps you will take in order to turn this **goal** into a SMART **goal**.

S	Make it Specific	Define your goal as much as possible. Think about who, what where and when.
M	Make it Measurable	How can you measure this goal?
A	Make it Attainable	Is this goal achievable? What resources can help you?
R	Make it Relevant	Is this goal important to you? Why?
T	Make it Timely	How long will it take to reach your goal? When is the due date?







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DOSE GOAL SETTING

Reflection Questions to Enhance Your DOSE

This worksheet combines actionable steps with the science of happiness, helping you set and achieve goals that elevate your well-being and connect you to your inner potential.

<p>D</p> <p>Dopamine</p> <p> <i>Reward</i></p>	<p>O</p> <p>Oxytocin</p> <p> <i>Bonding</i></p>	<p>S</p> <p>Serotonin</p> <p> <i>Mood</i></p>	<p>E</p> <p>Endorphins</p> <p> <i>Energy</i></p>
<p>What rewards can you build into your progress to stay motivated?</p>	<p>Who can you invite to join you or cheer you on?</p>	<p>How will you celebrate small victories to build confidence and gratitude?</p>	<p>What joyful physical activities will energize and sustain you?</p>
<p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p> <p>5.</p>	<p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p> <p>5.</p>	<p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p> <p>5.</p>	<p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p> <p>5.</p>