

CHECK IN ON YOURSELF & YOUR HEALTH WITH SMART GOALS

WE ALL SET GOALS...

Whether formally or informally, in business or in our personal life.

However, many times, when it comes to our personal health and wellness goals we don't find the success we are looking for and tend to become discouraged.

Why? Why is it that in business we seem to persevere and rise to meet business challenges, but not apply the same determination when it comes to our individual goals?

The simple answer, we aren't being **S.M.A.R.T.** By incorporating S.M.A.R.T goals into our daily lives, we can equip ourselves to bridge the gap in order to feel more empowered to make positive changes.



GET SMART

S

Specific

Your goal should be as specific as possible. Don't use general terms, use action verbs. Add as many details as possible.

M

Measurable

Use measurable figures in your goal so you can track progress. Use terms that are numeric or descriptive. You can measure by quantity, quality, or cost.

A

Attainable

Make sure your goal is feasible and has an appropriately limited scope. Sometimes we set goals that are not realistic and get discouraged when they are not met. Try to break larger goals into smaller chunks.

R

Relevant

Your goal should align with your values and be relevant to other objectives in your life. Does it fit with both immediate and long term plans?

T

Timely

Set a timeline for your goal. This will help keep you on track and add a sense of urgency to motivate you to continue.

LET'S SET A GOAL!

Remember health and wellness goals don't always have to revolve around weight loss. Want to get 7-9 hours of sleep each night, eliminate sugary drinks in your diet, or create time in your day to meditate? Making your goals S.M.A.R.T. can increase your success! So take a moment to check in on yourself and your health, and consider how implementing S.M.A.R.T goals can enhance your daily life!

S.M.A.R.T GOAL EXAMPLES:

Every morning, I will take at least 5 minutes for myself to listen to a guided mindfulness session on YouTube.

I will use skim or low-fat milk in my coffee instead of half- and-half or whole milk this week.

I will eat brown rice or whole-wheat pasta instead of white rice or white pasta at least once this week.

MY S.M.A.R.T GOAL IS...

