

NEW YOU! NEW THINKING!

SMART GOALS



SPECIFIC

This is the what, where, how, when and with whom part of your goal.

MEASURABLE

Break down your goal into things you can measure. Quantity and time can be measured.

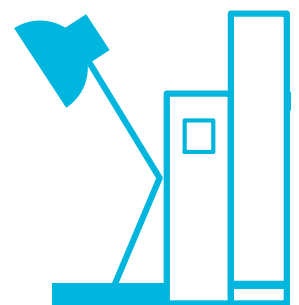


ATTAINABLE

Is the goal attainable? Will you actually be able to accomplish this goal by the date you have set?

RELEVANT

Is the goal relevant to you? Your lifestyle, personality?

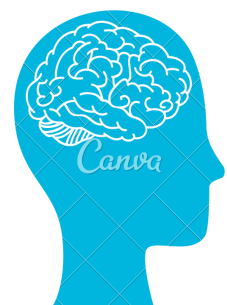


TIMELY

Set an end date for your goal.

ROAD BLOCKS

What road blocks stand in the way of you reaching your goals? Is it lack of knowledge or skill, physical environment or lack of social support. Think of strategies to get through each of the road blocks you come up with.



WHAT ARE YOU WAITING FOR? START GOAL SETTING TODAY!

READ MORE!

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