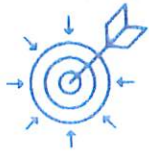


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S.M.A.R.T GOAL SETTING



SPECIFIC: CLEARLY DEFINE WHAT YOU WANT TO ACHIEVE. FOR EXAMPLE, INSTEAD OF SAYING "GET HEALTHIER," SET A GOAL LIKE "EXERCISE 3 TIMES PER WEEK AND EAT 3 SERVINGS OF VEGETABLES DAILY."



MEASURABLE: USE NUMBERS OR MILESTONES TO TRACK YOUR PROGRESS. FOR EXAMPLE, "LOSE 10 POUNDS IN 3 MONTHS" OR "RUN A 5K BY THE END OF SUMMER."



ACHIEVABLE: BE REALISTIC WITH YOUR GOALS BY CONSIDERING YOUR CURRENT LIFESTYLE, COMMITMENTS, AND RESOURCES. START SMALL AND BUILD ON YOUR SUCCESS.



RELEVANT: MAKE SURE YOUR GOAL ALIGNS WITH YOUR VALUES AND LONG-TERM HEALTH PRIORITIES. ASK YOURSELF, "WHY IS THIS IMPORTANT TO ME?"



TIME-BOUND: SET A DEADLINE TO KEEP YOURSELF MOTIVATED AND ACCOUNTABLE. FOR INSTANCE, "I WILL IMPROVE MY SLEEP HABITS BY GOING TO BED BY 10 PM EVERY NIGHT FOR THE NEXT 30 DAYS."

