

Be S.M.A.R.T.

HOW TO KEEP YOUR WELLNESS GOALS IN REACH

Specific

Your overall goal, but it should be broken down into individual steps — the more detail in your plan, the better.

Measurable

Establish concrete criteria for measuring progress. Have an idea of the overall goal you want to reach, and make sure you can measure your progress until you reach it.

Attainable

Can your goal be accomplished, or is it wishful thinking? If you are setting a big goal, a series of smaller milestone goals can help keep you motivated and more likely to be successful.

Realistic

Don't set yourself up for failure. If you don't have the time or resources to meet your goal, you should rework it so it is something you can accomplish.

Timely

Give yourself a set date of when you want to see the changes, but make sure you're giving yourself enough time to complete your goals.



According to a study led by Dr. Gail Matthews, you are 42 percent more likely to achieve your goals if you write them down.

My S.M.A.R.T. Goal:
