



# SMART GOALS!

Do you have a hard time setting up goals and reaching them? If so, our SMART Goals handout will help you sort it out and get on track.



## ARE YOUR GOALS "SMART"?

We've all been there. You set a goal to live healthier or break a bad habit, and soon enough, things have gone seriously awry. The good news? It might not be you, it may be that your goal just wasn't SMART.

S

Your goal needs to be SPECIFIC. If it's not, you're probably unsure what you're trying to achieve. "I want to become a runner" is very different than "I want to exercise more often".

M

It also needs to be MEASURABLE. How else will you know when you can celebrate an accomplishment? Example: "I'm going to go to the gym three times per week" is different than "I want to go to the gym".

A

Your goal should be ATTAINABLE. It's probably not a good idea to go from never riding a bike to signing up for a triathlon. Instead, commit to riding a doable number of miles per week.

R

It should also be RELEVANT. Is this something you really want to dedicate your time to working on? It's okay if the answer is no, but if you set a goal, it should be something you're ready to put energy and effort towards.

T

Lastly, your goal needs to be TIMELY. Give yourself a deadline! Not only does it keep some healthy pressure on yourself, but it allows you to have a time frame to re-assess and adjust if necessary.

WHATEVER YOUR GOAL, YOU'VE GOT THIS. WE'LL BE CHEERING YOU ON!