

SMART GOALS

How to Set Goals and Accomplish Them

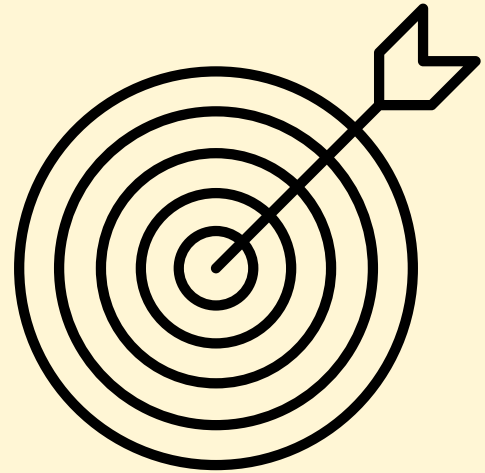
1

S - SPECIFIC

What is your exact end goal?

Bad example: I want to lose weight

Good example: I want to lose 5 lbs a month



2

M - MEASURABLE

How can you track your progress?

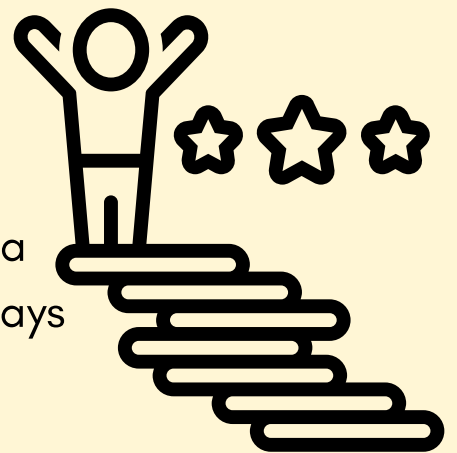
Example: Every Monday morning I'll weigh in and keep a daily food log.

3

A - ATTAINABLE

Is your goal realistic?

Example: Saying you want to lose 35 lbs a month is not a realistic goal. You can always challenge yourself more as the months pass, but start with something attainable



4

R - RELEVANT

Does your goal align with what you want out of life?

If you're setting a goal for anyone else but yourself, you're in it for the wrong reasons.



5

T - TIMELY

What is your deadline? Sure, setting goals to accomplish for all for 2021 is great, but try to create deadlines for each part of your goal!

