



Setting SMART Goals

Keep your New Year's resolution by setting SMART goals:

- **Specific** – Make sure your goals are clear and concise.
- **Measurable** – Define how many and/or how much. Having something you can measure along the way can help you stay on track and stay motivated.
- **Attainable** – Goals should be attainable. Achieving small milestones builds confidence.
- **Realistic** – Be realistic in setting your goal. Understand your limitations.
- **Timely** – Set a target date so that you have a deadline to work towards.