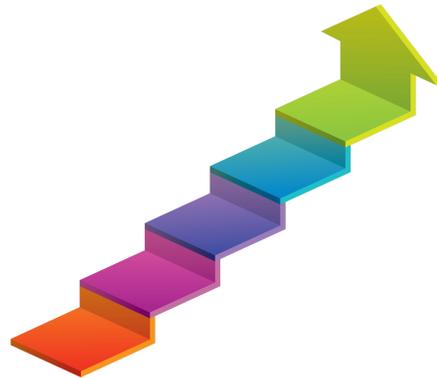
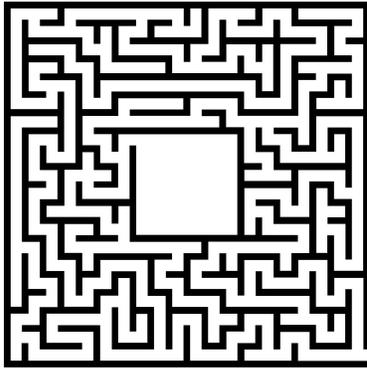


## SMART Goalsetting:



Transforming your health can feel like an impossible task.

Are you boxed in to old habits?

Lost in a maze of choices?

**Good news!**

**You're not alone - we've all been there.**

**And with some simple steps, you can design - and ACHIEVE - your very own personal health goals.**

When we take the Big Goal and break it up into smaller manageable steps, we make real changes.

We do better, and we feel better, and our confidence grows.

**Choose goals that are S M A R T, and watch your successes grow and grow!**

**Specific:** Make your goal a detailed roadmap to the finish line. *What will you do? How will you do it? How often? What does your success look like?*

**Measurable:** Reviewing your progress each week will keep you on track. *If you get stalled along the way, figure out why and adjust so you don't stay stuck.*

**Attainable:** Your goal should inspire you. *Set your own Personal Best record each time you stretch beyond your previous limits.*

**Realistic:** Goals should be ambitious, but not impossible. *Choose a goal that you are confident you can reach, and that will stretch you to improve.*

**Time-Based:** When do you want to reach your goal? *How will you reward yourself when you do?*

## Set your own S M A R T goal now:

**Specific:** Make your goal a detailed roadmap to the finish line.

What will you do? -----

How will you do it? -----

How often? -----

**Measurable:** Reviewing your progress each week will keep you on track.

How will you measure your progress? -----

How often? -----

**Attainable:** Your goal should inspire you.

What inspires you with your goal? -----

How will you keep that excitement going? -----

**Realistic:** Goals should be ambitious, but not impossible.

What are you already capable of? -----

How much farther can you go now? -----

**Time-Based:** Measure your progress over time.

When do you want to reach your goal? -----

What are your goalposts along the way? -----

**Now, write out your specific goal out in your own words:** -----

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**Lastly, on to the fun part - which is also super important:**

## **How will you reward yourself when you achieve your goal?**

**Choosing your own goal,  
working hard to get there,  
facing set-backs,  
getting back up, adjusting course and trying again,  
until you accomplish what you set out to do . . .**

**That is your own unique journey.**

**No one else can do it for you.**

**And no one can take it from you once you have made it your own.**

Use this space to imagine how it will be when you celebrate your success:

Save this page for whenever you need extra motivation, or a reminder that your journey is uniquely your own. And that makes it beautiful.