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.

Source: https://www.professionalacademy.com/blogs-and-advice/what-are-smart-goals-infographic

© 2020 Onlife Health