

January often means a fresh start, resolutions or new objectives. Setting SMART goals gives you focus and direction, and includes an action plan to guide you to achieve them. When goals are SMART, they contain all the key elements to help you be more successful.



SMART Goals Are...

- ▶ **Specific:** Set a clear and well-defined goal.
- ▶ **Measurable:** Include precise amounts with numerical value if possible. This allows you to measure your progress and mark successes.
- ▶ **Attainable:** Make sure your goals are realistic. You want them to be a challenge but also achievable.
- ▶ **Relevant:** Your goal should be relevant to the change you want to make.
- ▶ **Time-bound:** Include a deadline! The sense of urgency helps push you closer towards your goal.

| SPECIFIC | MEASURABLE | ATTAINABLE | RELEVANT | TIME-BOUND |
|--|---|---|---|---|
| S | M | A | R | T |
| G | O | A | L | S |
| <i>Is what you want to do clearly defined?</i> | <i>How can you measure your progress to mark successes?</i> | <i>Are your goals realistically accomplishable?</i> | <i>Is your goal pertinent to the change you want to make?</i> | <i>What deadline will help motivate you to reach your goal?</i> |

"You can, you should, and if you're brave enough to start, you will." – Stephen King

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