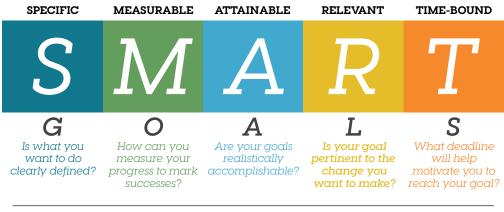




SMART Goals Are...

- > 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.



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

Your Employee Assistance Program is here to help you and your family as you navigate life's challenges. For confidential, caring, professional assistance 24/7 call

800.728.9444

