

RESILIENCY

MAKING S.M.A.R.T. NEW YEAR'S RESOLUTIONS

How can you make your resolution goals into lifelong achievements?
By creating S.M.A.R.T. goals!

SPECIFIC

Clearly articulate your goal. What will be accomplished? What actions will you take?

MEASURABLE

Your goal needs a data count! How many? How much? How well?

ACHIEVABLE

Is the goal realistic? Do you have the necessary resources? Go slow and take one step at a time.

RELEVANT

How does the goal align with broader goals or the lifestyle you want?

TIME-BOUND

What is the time frame for accomplishing the goal?
Set a deadline.



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