

TIP OF THE WEEK



SMART Resolutions

When making resolutions for the new year, choose SMART goals to help you achieve them.

SPECIFIC: Instead of “Workout more,” say “I will go to the gym on M/W/F from 5:30-6:30pm.”

MEASURABLE: Find a way to measure your success. It can be in hours, days, dollars, distance, pounds, etc.

ATTAINABLE: What do you have to do to meet your goal? Consider barriers and how to overcome them.

REALISTIC: Make goals that you are truly willing and able to work for. Be honest with yourself.

TIME-BOUND: Create a timeline for how you will reach your resolution. Hold yourself accountable for each step.


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