



set a SMART goal



Specific: what specific action will you take and when?

Meaningful: The goal should be personally meaningful to you.

Attainable: Does the goal help you to move your life forwards towards a direction that you want to go in?

Relevant: Can you achieve the goal. Take into account your health, demands on your time, finances, and skills. Is it realistic? Be kind to yourself.

Timely: Set a day, date and time to do the goal

For example

*“I will play with my children on Saturday in the park”
“I will go for a ten minute walk every lunch time.”*