

LET'S CREATE A SMART GOAL TO KEEP YOU ON TRACK WITH YOUR WELL-BEING:

S SPECIFIC	WHAT SPECIFIC TASK DO YOU WANT TO ACCOMPLISH?
M MEASURABLE	WHEN WILL YOU KNOW YOU HAVE FINISHED THE TASK? / WHEN DO YOU PLAN TO STOP?
A ACHIEVABLE	CAN YOU REALISTICALLY ACHIEVE THIS GOAL?
R RELEVANT	DOES THIS GOAL ALIGN WITH YOUR OVERALL GOALS?
T TIME BOUND	WHEN DO YOU WANT TO DO THIS TASK / WORK ON THIS GOAL?

Meet with your Success Coach to talk through your goals and check in about your goal progress!