

Goal Setting

Setting goals helps fuel success!

Whether you want to improve your health, grow professionally, save money or run a marathon, *goal setting can guide you on a path to success.*

goal setting *noun*

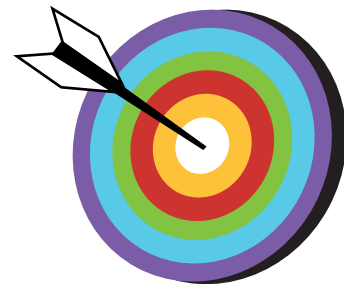
a purposeful process that involves identifying what you want to achieve, creating a plan and taking active steps to complete it.

Tips for Goal Setting: (Eastern Washington University)

- Set both short- and long-term goals that motivate you.
- Write down your goals and put them somewhere they can be seen frequently.
- Adjust your goals as necessary.
- Reward yourself when you meet a goal.

One way you can make your goals more achievable is by making sure you are setting **SMART** goals! (Mind Tools)

- S** – Specific (or Significant)
- M** – Measurable (or Meaningful)
- A** – Attainable (or Action-Oriented)
- R** – Relevant (or Rewarding)
- T** – Time-bound (or Trackable)



For example, instead of saying your goal is to "become healthier," it's better to identify a SMART goal such as "engage in 30 minutes of moderate exercise 4 days per week" or "quit smoking by November 17, 2022."

What vision do you have for your life?

Ready,

set,

GOAL!