



Here is a guide to help you define clear and measurable goals using the S.M.A.R.T. concept of goal achievement:

- S** **Specific.**
Be specific. The more details, the better.
- M** **Measurable.**
Can you keep track of progress?
- A** **Attainable.**
Is the goal possible to achieve?
- R** **Realistic.**
Will you actually work toward this goal?
- T** **Timely.**
When do you plan to achieve the goal?

YOU CAN DO IT!

MY WORD OF THE YEAR

CONFIDENCE GRATTITUDE BRAVE
JOY TRUST PRESENT PATIENT
BALANCE STRENGTH HEALTHY

Create clarity and a single focus for goal achievement by choosing "your word" and writing on the line above. This one word will center you and provide the foundation for how you envision your future. Select one listed here or choose your own!

The Power of Writing Down Clearly Defined Goals

Studies show people who write down their goals accomplish significantly more than those who do not. Engaging more than one sense, such as sight and touch, contribute to better retention of information, making you more likely to stay on track and create good habits.

INSTRUCTIONS: Print out and complete this worksheet, then post it in a prominent place like your bathroom mirror or refrigerator door. For extra reinforcement, make several copies and place around your environment keeping your goals and achievements top-of-mind!

In 2017, I will achieve:



My Goals for a Healthier Mind:

Write down three goals to help build a strong, active brain. (EXAMPLE: Read one book every month)

- 1 _____
I will complete by: / /
- 2 _____
I will complete by: / /
- 3 _____
I will complete by: / /



My Goals for a Healthier Body:

Write down three goals focused on your physical health this year. (EXAMPLE: Ditch the elevator for the stairs)

- 1 _____
I will complete by: / /
- 2 _____
I will complete by: / /
- 3 _____
I will complete by: / /



My Goals for a Healthier Soul:

Write down three goals to help nourish your emotional well being. (EXAMPLE: Volunteer in my community)

- 1 _____
I will complete by: / /
- 2 _____
I will complete by: / /
- 3 _____
I will complete by: / /