

Helping You Make Your Goals

S M A R T

Setting goals can be a great way to challenge yourself to make healthy lifestyle changes. Set yourself up for success by making your goals SMART!

Specific Measurable Attainable Relevant Timely

My goal is: *Example: My goal is to be able to save \$600 to register for a summer course at XYZ University.*

I will track my process by: *Example: I will track my progress by checking my savings balance each month.*

I will achieve this goal by doing the following: *Example: I will achieve this goal by setting up automatic transfers from my checking to my savings each pay period.*

This goal helps me because: *Example: This goal helps me because I will learn new skills to advocate for a promotion.*

I will complete this goal by: _____
Month Day Year