



wellness corporate solutions

Setting S.M.A.R.T. Goals for 2010

- **Specific**

It's easier to reach goals when they are specific, so try to keep yours short and to the point. For example, the general goal to "be healthier" can be broken down into more specific steps—such as exercising 4 times per week or getting at least 8 hours of sleep each night.

- **Measurable**

Goals with a numeric component are easier to measure. If you can't measure the goal, you can't determine your progress in reaching it. Rather than an ambiguous goal such as "Eat better," consider something that is measurable. "Eat 3 meals per day," "Don't skip breakfast," or "Eat 5 fruits and vegetables per day," can be quantified. Decide how you want to advance throughout the year (for example, setting a higher goal every couple of months) and measure your improvement.

- **Attainable**

Set goals that are within reach but still challenge you. Trying to "swallow the elephant" right from the start may result in more set-backs than progress. If you're new to exercise, for example, don't set a goal to go to the gym 5 days per week. Start slowly, first resolving to exercise 1-2 days per week—then gradually increase frequency over time.

- **Realistic**

Think practically: Can I live with this goal in the long term, day-in, day-out? Will it cause me to neglect other important areas in my life? If so, you may need to reassess your schedule and reconsider how much you can handle. If there are areas you need to readjust, set new goals accordingly.

- **Timely**

If a particular time of year is extremely busy for you, set goals during those times when you can devote full energy and effort. Start small, then build up. Always try to reward yourself along the way to stay motivated.