SMART GOALS MAPPING

Concrete goals are your wellness milestones.

Let's set goals that are SMART:

S

Specific: Clear and concise.

M

Measurable: Quantifiable to track progress.

A

Achievable: Attainable to remain motivating.

R

Relevant: Aligned with your larger wellness vision.

T

Time-bound: Encased within a timeframe.

Sketch your goals with kindness, remembering that they are fluid and can adapt to your journey’s needs.