

# MIND BODY WELLNESS DAY

## Goals Strategy



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# 1. Set your SMART goals.

## SMART GOALS

Specific

Measurable

Achievable

Relevant

Time-Bound



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**2. Write down why these goals are important to you.**



**3. Review why previous goals were not achieved.**

**YOU  
CAN  
DO IT!**



4. Create ways to support yourself:
- Place reminder messages around you.
  - Re-read why these goals are important.
  - Build in accountability.
  - Get those around you to support you.

5. Plan for set-backs - don't let a slip derail you, adjust the plan and keep moving forward.



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