

SMART GOALS

<p>Describe:</p> <p>What is the behavioral change?</p> <p>When will it happen?</p> <p>How often?</p> <p>Where?</p>		
<p>Support:</p> <p>Who can you target to support your effort?</p> <p>What can you do to eliminate barriers?</p>		
<p>Achievable:</p> <p>Choose a goal that is tangible and measurable to gauge success.</p>		
<p>Assess your goal:</p> <p>Is it truly achievable?</p> <p>Is it important to YOU?</p>		
<p>Review: Any adjustments?</p>		
<p>Set a time frame: 4 weeks</p>		