

# Get SMART in 2022



A common New Year activity is making resolutions. However, most New Year's resolutions fade away come February because they lack structure or don't account for daily realities. They weren't **SMART** goals.

Specific	Measurable	Achievable	Realistic	Timely
<b>S</b>	<b>M</b>	<b>A</b>	<b>R</b>	<b>T</b>
What do you want to do?	How will you know when you've reached it?	Is it in your power to accomplish it?	Can you realistically achieve it?	When exactly do you want to accomplish it?

In 2022, use **SMART** goals to set you up for success. **SMART** goals push you further while also giving a sense of direction and organization to reach your goals.

**Instead of:** I will exercise more.

**Try:** I will walk three times per week after work for 20 minutes each time.

