

POSIFY YOUR GOAL-SETTING

From SMART to SMARTY

Your SMARTY acronym:

- Specific
- Measurable
- Attainable
- Realistic
- Time-based
- Uncovers the 'y' behind your goal
- Includes a plan "B" to help you navigate obstacles

Example:

I will commit to 3 gym sessions per week for the next 6 weeks so that I can build my cardio fitness. I will use my smart watch to track my cardio fitness score. This goal is important to me because I'd like to be able to run in the park with my toddler without stopping to catch my breath so much. I want to be a good role model for her, and show her that being outside is good for your health and your relationships. If I can't make it to the gym, I can swap the session out with a run around my block.

Use the below template to set your SMARTY goal:

I will _____

so that I can _____

I will _____ to track _____

This goal is important to me because _____

If I can't _____ I will _____