

Setting Goals for the New Year



- Think about all the different parts of your life.
- Do it alone or with friends and family
- Focus on what you want to do.

**Do not pick too many goals.
Start with just picking no more than 5 goals.**

Think about Each of These Areas

- Are you happy with how things are going in these areas of your life?
- Are there any changes you want to make?



Heart - *The emotional part of you. Your mental health and self-care*



Brain - *The mental part of you. Is there something new you want to learn.*



**Money
and Career**

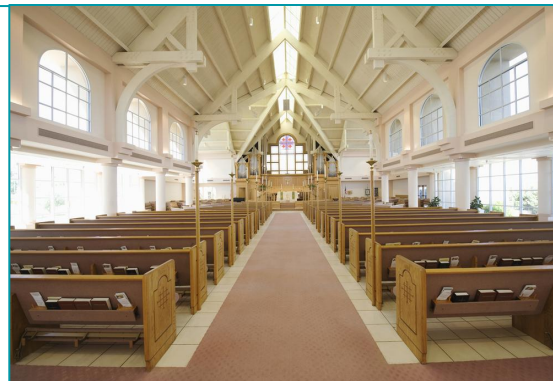
Relationships

- Are you happy in your relationships?
- Are you in good, positive relationships?



Soul

Are you supporting your spiritual *part of you*



Body

Are you taking care of your health?



Make Smart Goals for Things You Want to Change in Your Life

SMART GOALS INFOGRAPHIC



Here's what SMART means:



- "S" is for being specific and simple. Think clearly about what you want to do and why it's important to you.
- "M" means make it measurable. You choose how to know if you're succeeding. Your success is for you to judge, not others.
- "Make sure it's doable" means ask yourself if you can really achieve this goal. Even tough goals can be reached by starting with one step.
- "R" is for relevant. Ask yourself if this goal is important and makes sense for you right now, especially with job goals.
- "T" stands for time limits. Set a deadline for when you want to achieve your goal. Having a deadline helps you feel urgent and motivates you to get it done

Write down what you want to achieve. You could also make a vision board with pictures that show your goals. This helps you remember to work on them. Don't hide it away; hang it up where you'll see it every day.

Share your goals with a friend. They can cheer you on, and you can do the same for them.

Be ready to change things up. Sometimes, things don't go as expected, and you might need to adjust your goal. Remember to be kind to yourself.