SMART wellbeing goals

When setting goals for your wellbeing, you can make sure they are accessible by checking them against the SMART structure.

Use the questions below to create your goals.

S	**Specific** What do I want to accomplish?	
M	**Measurable** How will I know when it is accomplished?	
A	**Achievable** How can the goal be accomplished?	
R	**Relevant** Does this seem worthwhile?	
T	**Time bound** When can I accomplish this goal?	

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