

Your New Year's Resolution *Solution*

Making New Year's resolutions are a valuable way to set (and meet) your health goals this year. Contrary to popular belief, you can stick to your resolutions over the year! Try these SMART goals to create resolutions that last.

SMART goals are:



Specific

Clearly define your new year's resolution.



Measurable

Determine how to track your progress.



Achievable

Set a reasonably attainable resolution.



Relevant

Is your resolution ideal for your life's purpose?



Timely

Set a deadline for achieving your goal.

