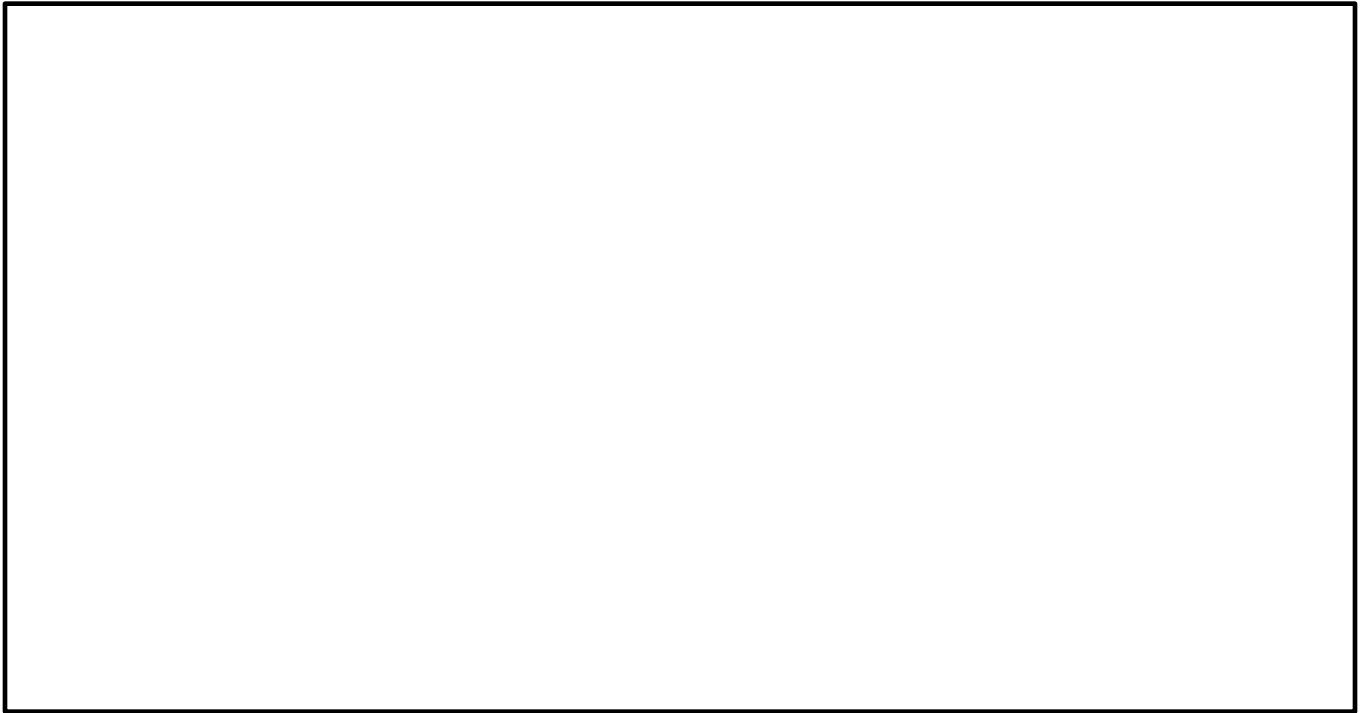


\_\_\_\_\_ 'S SELF-CARE GOAL!



## IS YOUR GOAL SMART?

- ☐ Specific (what do you want to accomplish? why? who? where?)
- ☐ Measurable (how much? how many? how will you track it?)
- ☐ Achievable (is it within your reach?)
- ☐ Rewarding (will it feel great? does it matter? is it relevant?)
- ☐ Time Defined (when will you start and what is the time frame?)

Identify one person or more at work and/or at home that will support you as you implement this goal: \_\_\_\_\_