



The new year is often a time when people set new goals, however, not many people know how to properly set goals for themselves.

Being **SMART** about your goals is important! **SMART** is an acronym that will help you set realistic and achievable new year resolutions.

Being **SMART** means your goals are:

- ✳ **Specific** – who, what, where, when, why, how? Your goal should be clear.
- ✳ **Measurable** – how will you know when it's done? Ensure you track your progress.
- ✳ **Achievable** – is it realistic? Make sure you can achieve your goals.
- ✳ **Realistic** – How does it fit into your life, and can you commit to this goal?
- ✳ **Timely** – When will you achieve your goals? Stick to your timeline.

Best Wishes in 2022 from your counselling team,

Heather, Lindsay & Chelsea