

# SMART GOALS MAPPING

Concrete goals are your wellness milestones.

Let's set goals that are SMART:

S	Specific: Clear and concise.  
M	Measurable: Quantifiable to track progress.  
A	Achievable: Attainable to remain motivating.  
R	Relevant: Aligned with your larger wellness vision.  
T	Time-bound: Encased within a timeframe.  

Name: