

Healthcare University

Goals Setting

Goal setting is an important part of living your best life. Goals give you direction and focus increases self-esteem and allows you to identify what you really want out of life.

Your goals should be specific, measurable, achievable, relevant, and time-bound.

Setting a goal for losing weight is too broad, be specific such as losing 10 pounds in a month.

Set long-term goals and short term goals. Once you achieve your goal, reward yourself.

Keep a journal of your goal progress, successes, challenges.

Download this guide to start living your best life!