



S.M.A.R.T. goals

Are you considering a few New Year's Resolutions that you've been meaning to start for years, or even days, that aim to promote your well-being? S.M.A.R.T. goals are designed to provide structure and guidance on even the most challenging New Year's Resolutions, and better identify what you want to accomplish. Why wait for January 1st - use this handout to get started on your S.M.A.R.T. goals today!

S

Specific: When setting a goal, be specific about what you want to accomplish. Answer the W's (who, what, when, where, why).
Example: I want to walk on the treadmill at work to get in better shape.

M

Measurable: How will you measure if you successfully meet the goal? This makes a goal more tangible because it provides a way to measure progress. Break it down into simple tasks if it's a goal that will take some time.
Example: I will start by walking 30 minutes at noon on the work treadmill 3 times a week.

A

Achievable: Think about how to accomplish the goal and whether you have the tools needed to do this. If you don't currently possess those tools, consider attaining them. Your goal is meant to be encouraging and attainable, not discouraging or unrealistic.
Example: I have new walking shoes and enough time to walk at noon at work.

R

Relevant: Your goals are just that, your goals. You don't want to set a goal for yourself because someone else told you to. You also don't want to set a goal that you really don't care about. Your goals need to be a priority for you right now.
Example: I will block my schedule to guarantee the ability to walk 3 times a week.

T

Timing: It's best to include a timeline for your goal. Setting a deadline motivates you to get started and to stay consistent in the journey. By including a number or a date for completion, it triggers your mind to get started right away instead of putting it off.
Example: I will try this for one month and increase walking days per week after that.

NEW YEAR'S DAY BREAKFAST MUFFINS

Ingredients

1 cup packed brown sugar
1/2 cup olive oil
2 eggs
1 15oz. can pumpkin
1/2 cup water
3 cups whole wheat flour
1.5 tsp baking powder
1 tsp baking soda
1 tsp ground cloves
2 tsp ground cinnamon
1/2 tsp salt
1 tsp ground nutmeg
1 cup dried cranberries

Directions

Preheat oven to 400 degrees F.
Spray muffin pan with nonstick spray or use paper liners. Mix sugar, oil, eggs, pumpkin, and water until smooth. In a separate bowl, mix flour, soda, powder, spices, and salt. Combine wet and dry ingredients until smooth, then stir in dried cranberries. Fill muffin cups 2/3 with batter. Bake at 400 for 20-25 minutes.

