



# SMART GOALS MAPPING

Concrete goals are your wellness milestones.

Let's set goals that are SMART:

S	<p>Specific: Clear and concise.</p> <input type="text"/>
M	<p>Measurable: Quantifiable to track progress.</p> <input type="text"/>
A	<p>Achievable: Attainable to remain motivating.</p> <input type="text"/>
R	<p>Relevant: Aligned with your larger wellness vision.</p> <input type="text"/>
T	<p>Time-bound: Encased within a timeframe.</p> <input type="text"/>

Sketch your goals with kindness, remembering that they are fluid and can adapt to your journey's needs.