



Setting and Achieving **Health Goals**

Have you ever set a goal to improve your health but found it was tough to stick to? Try this quick tip to set and achieve your health goals:

Think SMART.

SMART goals are specific, measurable, attainable, realistic, and timely. This is a great way to set yourself up for success. Get our SMART Goal-setting worksheet at **PacificSource.com/HealthGoals/SMART.pdf**.

Want more?

Get nine more great tips to help you set and achieve your health goals at **PacificSource.com/HealthGoals**.

