

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.

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:

Setting and Achieving Health Goals



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