



## Setting and Achieving Health Goals

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### 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](https://PacificSource.com/HealthGoals/SMART.pdf).

### Want more?

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