

## Goals Tool

The Goals Tool helps you set realistic and achievable goals on your journey to living a balanced life. To find out more join a SMART meeting.

**Goal:**

e.g. I want to start exercising and getting into shape

**Specific:**

e.g. I will go for a walk

**Measurable:**

e.g. I will walk daily

**Achievable:**

Do I have the time?

**Realistic:**

Do I enjoy walking?

**Time-bound:**

When will I start?