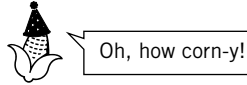


# NEW YEAR, NEW GOALS:

Setting Your Goals the “SMART” Way



What is corn’s favorite holiday? - New “Ears” Day!



Now, it’s time to get serious and talk all things “New Year’s Resolutions”, or goals you’d like to achieve during the new year... Before you plan any further, let’s discuss how to set them the “SMART” way!

## WHAT ARE “SMART” GOALS?

“SMART” is an acronym standing for...

And here is what each area should address!

<b>S</b>	Specific	Make goals clear and specific by addressing the “who, what, when, where, and why.”
<b>M</b>	Measurable	How will you track your progress to be sure you are reaching your goals?
<b>A</b>	Achievable	Is there anything standing in your way that would prevent you from reaching your goals
<b>R</b>	Relevant	Does your goal seem worthwhile? Does it match your current needs or wants?
<b>T</b>	Timely	What is your timeline – When will you start? When will you stop?

Developing a game plan for your goals can be difficult and, at times, may seem pointless. But think – How often have you set a goal for yourself and have either ended up overwhelmed, lost interest, were unsuccessful, or simply gave up? The meaning behind the SMART framework is to help create and guide goals that are clear, specific, attainable, and meaningful by identifying potential challenges, before any actions are carried out, to increase your success.

## PUTTING IT ALL TOGETHER

Let’s help this gentleman out and turn their resolution into a “SMART” one!

*I’m going to eat healthier this year!*



**Specific:** I feel as though my meals only consist of protein and grains. I want to add more fruits and vegetables daily.

**Measurable:** For one month, I will eat at least one vegetable with dinner and have a piece of fruit as an afternoon snack during the week.

**Achievable:** I work in the afternoon so I will bring fruit with me that is easy to transport. I am also a picky when it comes to vegetables so I will only buy ones that I know I will eat.

**Relevant:** Fruits and vegetables provide a variety of vitamins and minerals that my diet is lacking. It is important to me that I stay healthy as I age.

**Timely:** I will plan my meals for the week and go grocery shopping every Sunday for one month. Since it’s a weekday, I will start this Sunday!