**SMART Goals**

You may use the wheel as a measure of balance to gauge your overall degree of life satisfaction and to identify areas that might benefit from goal-setting.

Identify an area in which you would like to increase your level of satisfaction and answer the following question:

If were a 10 for me, what three things would be happening?

1.
2.
3.

Consider the following tips for achieving balance:

* Draw a line
	+ Set boundaries, say “no”
	+ Practice self-care to improve overall well-being
	+ Set realistic expectations for yourself
* Be present
	+ Don’t be afraid to unplug
	+ Be attentive at home, at work, or during your free time
* Practice mindfulness and self-compassion
	+ Recognize when you are feeling guilty about not being able to do it all
	+ Accept those feelings and reflect on why you are feeling that way
* Create (and stick to) a daily routine
	+ Sleep 7-9 hours
	+ Exercise
	+ Engage in family time, including meals
* Recognize where there are tradeoffs
	+ Focusing on an important goal may deprioritize less important ones
	+ Compromise on certain aspects in life to achieve what is necessary
* Be flexible
	+ Adapt to unexpected situations
	+ Shift priorities as needed

The SMART goals acronym:

**S**pecific: state exactly what will be accomplished

**M**easurable: set a goal that can be monitored

**A**chievable: determine if the goal can be reached

**R**elevant: set a goal that is applicable to your situation

**T**ime Bound: set a timeframe or deadline for accomplishing the goal

**My SMART goals:**

1.

2.