**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?



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.