

# TIP OF THE WEEK



## SMART Resolutions

*When making resolutions for the new year, choose SMART goals to help you achieve them.*

**SPECIFIC:** Instead of “Workout more,” say “I will go to the gym on M/W/F from 5:30-6:30pm.”

**MEASURABLE:** Find a way to measure your success. It can be in hours, days, dollars, distance, pounds, etc.

**ATTAINABLE:** What do you have to do to meet your goal? Consider barriers and how to overcome them.

**REALISTIC:** Make goals that you are truly willing and able to work for. Be honest with yourself.

**TIME-BOUND:** Create a timeline for how you will reach your resolution. Hold yourself accountable for each step.

  
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