### SMART Goals

In Week 16 of the Wellness Revolution, we conducted a comprehensive review, aiming to define SMART goals. To assist you in this process, The Wellness Revolution has thoughtfully provided a template for you to craft your own SMART Goals. This template includes space for you to jot down your responses.

As part of our recommendation, we suggest revisiting the goals you created in Week 1 of the course and refining them to meet the SMART criteria—Specific, Measurable, Achievable, Realistic, and Time-bound. You are welcome to print off as many of these templates as you require while revisiting the Wellness Revolution, helping you create well-defined and actionable goals across all aspects of your wellbeing journey.

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| SPECIFIC |
| Clearly define what you want to accomplish specifying your goal based on the topics covered in the Wellness Revolution is a wise approach. This specific goal directly aligns with the insights gained during the Wellness Revolution and addresses an essential aspect of well-being |
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| Measurable |
| Identify how you will measure your progress by identifying specific indicators and measures, leveraging the insights gained from the Wellness Revolution. By consistently tracking indicators and comparing them to baseline measurements, you can effectively measure your progress and stay motivated to achieve your goal. |
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| Achievable |
| make an achievable goal you need to ensure the goal is realistic and attainable to move towards by considering your circumstances and capabilities. By setting realistic expectations and breaking the goal into manageable steps, it becomes more attainable while still aligning with the principles discussed in the Wellness Revolution. |
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| Relevant |
| Make a relevant goal by confirming that it aligns with your overall well-being objectives and remains realistic. By establishing the relevance of your goal to your broader well-being aspirations, you reaffirm its importance in your life and journey towards better health and fulfillment. |
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| Time Bound |
| Establish a time-limit to give your objective a specific timeframe for achievement. Setting a specific timeframe provides a clear sense of urgency and motivation while allowing for gradual, sustainable improvements in your practices, aligning with your well-being objectives. |
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