**Name:** Click or tap here to enter text.

**New You Resolutions**

Statistics show that 80 percent of New Year’s resolutions fail by the second week of February (health.usnews.com). People start the year with the best intentions, but almost none of us can sustain a positive change. The theory is that people want better, but they haven’t changed their mind to focus on the specific physical, social, and emotional changes they will need to enact in order to reach the goal.

In order to create a positive change, we need to have the self-awareness to understand the difficult steps we’re going to have to take in order to get to the goal we want. That’s where the SMART goal comes into play. You need steps that are **specific, measurable, attainable, relevant, and timely** in order to reach a goal.

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| **Evaluate these wellness goals by filling in your answer to 3 questions.** | **Physical, Emotional Social or Spiritual?** | **Short- or Long-term?** | **SMART? Yes or No** |
| Build physical health by swimming laps at least 3 times a week for 30 minutes for 10 weeks. Include stretches to warm-up and cool-down. Add 2 more laps in the same time each week, asking a swim coach for tips to improve. |  |  |  |
| Apply for a job that earns good money with not too much hard work, decent hours so I can still hang out with friends whenever they’re free too. |  |  |  |
| Chat with neighbors to build caring friendships and share God’s love in practical ways. Beware of stranger danger and avoid people with accents. |  |  |  |
| Grow spiritually by writing in my prayer journal and listening to my audio-Bible for 5 minutes before I watch videos each day, reading worship stories to my younger siblings at least and asking a trusted adult a spiritual question. |  |  |  |
| When angry, choose to seal my lips and exhale slowly counting from 10 down slowly while praying for wisdom to see the bigger picture and then ask a question to understand sincerely before reacting emotionally. |  |  |  |

Here’s your chance to set a new resolution for yourself. Start with a desire—how can you improve yourself physically, socially, emotionally, and/or spiritually? Turn this desire into at least one short-term (1-3 months) and long-term (a year or more) goal.

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| SMART QUESTIONS | SHORT-TERM GOAL | LONG-TERM GOAL |
| 1. What is your goal? Remember, be very **specific**. |  |  |
| 1. How will you **measure** your pursuit of the goal? What evidence will show you that you made it? |  |  |
| 1. How can you show that your goal is **attainable**? How do you intend to accomplish your goal? What is the sequence of steps? |  |  |
| 1. How can you show that your goal is **relevant**? Why does this matter to you and others? |  |  |
| 1. How can you show that your goal is **timely**? Add a time frame for each step in 3. |  |  |