



# WELLNESS WEDNESDAY

## Summer SMART Goals

Summer is about embracing a new challenge of something we are passionate about and enjoy, and then pushing yourself to overcome that challenge in a few months time. Use the SMART goal setting for this summer to help you accomplish personal goals that will make you feel accomplished and more like you when its time to go back to school.

**S**  
Be  
**Specific**

**M**  
Make it  
**Measurable**

**A**  
Is it  
**Attainable**

**R**  
Is it  
**Relevant**

**T**  
Make it  
**Timebound**