

RESET YOUR HEALTH GOALS

Every January, we all make resolutions or set goals for the upcoming year—to maintain a healthy weight, exercise more, eat healthier, etc. Are you meeting your annual goals for good health? Well, consider this your personal mid-year review for your health. Whatever your wellness goals are for this year, we're halfway through and it's time to check in.

You can count your progress by learning and reviewing your wins and opportunities for growth. Take a moment and write down the following, so you can see your progress:

- **Your successes to date**—Write down what you have accomplished so far this year, such as scheduling “me time” and sticking to it, adding exercise to your routine, cooking healthier meals or finding balance between work and family.
- **Things that have kept you motivated**—Why are you doing this? Who/what inspired you? For any recurring obstacles you faced, focus on identifying and resetting your priorities.
- **New and continuous goals in your life**—are you learning a new skill or a new language, reducing stress, sticking to a budget? Make your goals SMART: Specific, Measurable, Achievable, Relevant and Timely.



S.M.A.R.T. GOALS

True change is done in small steps. Trying to set goals that require you to make many changes all at one time may lead you down the road to no change. Pick one goal you would like to work on. Use the S.M.A.R.T. method to reach that goal and then move on to a new goal.

Specific—Use who, what, where, when, which and why to help you develop your specific goal.

Example general goal: I will eat better.

Example specific goal: I will eat breakfast.

Measurable—If you cannot measure it, you cannot manage it. If a goal is measurable, you will be able to see your progress and know when you are finished.

Example: I will eat breakfast every day before my workday.

Attainable—Can you do it? A goal needs to stretch you a little, but you will need to work hard to reach it.

Example: I will wake up at least 30 minutes earlier, to ensure ample time for breakfast before I begin my workday.

Realistic—Are you willing and able to reach the goal? Sometimes a higher goal is easier to reach than a low one, as a higher goal is often more inspiring.

Example: I will decide the breakfast menu from the day before.

Timely—A goal should include a time frame as this gives the goal a sense of urgency.

Example: I will begin this breakfast routine next week.

Start with easier goals that can be reached soon and work up to harder goals. Stay focused on the result—a long and healthy life. And remember to celebrate your journey.

Office of Human Resources Management
Level Up – Employee Wellness Program
1400 McCormick Drive, Suite 245
Largo, MD 20774
LevelUp@co.pg.md.us

