

Wellness Weekly by Wenk

Shaping Up For a New School Year

9/2/19

Many of us melted on the couch this summer, trapped inside with the A/C blasting to escape the relentless summer heat. With the start of the new school year, we must all make a conscious effort to set new goals for ourselves. Setting goals for ourselves is an excellent way to hold ourselves accountable for making positive changes within our lives. Try to make S.M.A.R.T goals for yourself, but also sit down with your son/daughter and try to establish 3 goals for them to strive for as well.

What are S.M.A.R.T goals?

S-specific

M-measurable

A-attainable

R-realistic

T-timely

Try to make goals that are specific since they have a greater chance of being accomplished rather than general goals. Think of 'who, what, where, when, which and why' when creating your goals. For example, a general goal would be 'get in shape'. A more specific goal would be 'join a health club and workout at least 3 times a week'.