



Dream it. Believe it. Achieve it.

Goals are the first step towards planning for the future. They play a fundamental role in development of life skills - from work to relationships and everything in between. Without a goal, we could go through life without knowing which way to go.

Why should I care about goal setting?

Setting goals helps us have an outcome in mind, measure our progress, and stay motivated.

What is goal setting?

Goal setting is a process of deciding what we want to achieve over a particular period. Setting goals is linked to self-confidence, motivation, and independence.

How can I get started?

Join the “**Importance of goal setting**” activity in **SmartHealth**.

What is SmartHealth?

SmartHealth is included in your benefits and is a voluntary wellness program that supports your whole person well-being. It helps you manage stress, build resiliency, and adapt to change. As you progress on your wellness journey, you can qualify for the SmartHealth wellness incentives.



Be well,
The SmartHealth Team
Supporting you on your journey toward living well