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.

Smart♥Health

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