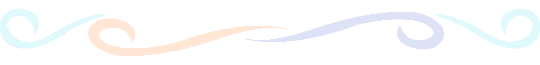
**SMART Goals for happiness**



Today's Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**S.M.A.R.T. goals are Specific, Measurable, Attainable,**

**Relevant and Timely.**

**Specific:** You want to bring more happiness into your life. But, what exactly do you want to accomplish so that you feel happier? For example, it might be to learn how to savor the moments and enjoy your daily experiences, to lose weight, to take more time for yourself. Be specific. Be clear. Be detailed. Visualize it and then write it out. Tell how your life will change when you reach this goal.

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**Measurable:** How will you know if you are making progress? How will you know if you're still on track for your completion date? What milestones will you need to reach? How will you know when you've reached your goal?

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**Attainable:** You can bring more happiness into your life. But are your specific goals or ways to doing so realistic? Are they within your reach? Can they be achieved within your time frame? Do you have the knowledge, skills, and resources to achieve these goals? If not, can get them? Do you have people who can help you? Do you have the confidence & motivation to do this? If not, how will you get and maintain it?

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**Relevant:** This is your WHY.Why do you want to become happier? Why is it important to you? What benefits will you receive by being a happier person? Why will you be able to stay committed to finding more happiness in your life? How will you stay motivated to keep moving forward?

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**Timely:** Like all goals, becoming a happier person doesn't happen overnight. It's something you'll most likely work on for a while and revisit throughout your life. But you can set a deadline for when you want to look back to see how far you've come. This might be 6 months, a year or even 5 years.

Whatever deadline you set make sure you give yourself plenty of time to achieve your goal, but without too much padding. Does your timeline fit with other commitments you have in your life? How often will you consciously work on achieving these goals? How will you overcome obstacles or delays and keep moving forward? How will you make the most of your time?

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Action Steps

**Necessary Actions Date Completed**

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Milestone Tracking

**Milestone Date Completed**

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