

New Year- New You?**Time to Get SMART!**

Let's be honest now, how often do we get within reaching distance of New Year with a head filled of the most amazing plans and goals for the pending cure all that is New Year's Day? There is something about the start of another year that feels like an incredible reset! Such hope, massive amounts of drive and passion to make this year different to last, finally this will be your year!

The trouble with this is that sometimes we can find ourselves being unrealistic; we become drawn into the "noise" online and on television that invites us into a world of everything being possible. Motivation is a wonderful thing, but if we don't sprinkle in a good dose of realistic, we can be left feeling like a failure. One way to avoid this is to set realistic and achievable goals, and by using the SMART technique you can get ahead of the game and keep yourself on a smart and realistic track.

Grab a pen and some paper and lets get SMART!

Specific: (Think who, why, when, where and what?)

What do I want to achieve?

Why is this goal important to me right now?

Measurable: (Think how much, how many, how will I know?)

For example: I want to lose 10lbs in the next eight weeks, I will get weighed now, and again on a certain date.

Achievable: (Think getting real with yourself, being realistic.)

Is this realistically achievable for me?

Is this challenging enough but can it be broken down to one small win at a time for me?

Relevant: (Think why now?)

Why is now the best time for me to do this?

Can I clearly imagine the benefits to me of reaching this goal?

Time-related: (Think deadline.)

What is my deadline?
