SMART HEALTH: TOOLS FOR MANAGING HYPERTENSION

GOAL SETTING

SMART goals are a powerful way to set and achieve objectives with clarity and focus. SMART stands for Specific, Measurable, Achievable, Relevant, and Time-bound. A Specific goal clearly defines what you want to accomplish. A Measurable goal includes criteria to track progress and success. An Achievable goal is realistic and within your ability to accomplish. A Relevant goal aligns with your broader priorities and values. A Time-bound goal has a deadline to create urgency and accountability. Using the SMART framework helps turn vague aspirations into concrete steps, increasing motivation and the likelihood of success!

SMALL STEPS MATTER

Great accomplishments happen one step and one decision at a time. Consistent efforts leads to success. Resilience to get back on track when things don't go as planned is more important than perfection

KNOW YOUR 'WHY'

Discover the deepest 'why'—the true motivation fueling your change—to sustain progress when challenges arise. This 'why' needs to go beyond surface-level reasons and connects with core values, meaning, and life purpose.

FIND SUPPORT

Accountability and support are crucial for achieving goals. Sharing goals with family, friends, mentors, or other support people for encouragement. Support offers guidance and perspective to keep momentum.

GROWTH MINDSET

View setbacks as learning opportunities, not failures, and keep moving forward. Embracing challenges with curiosity and persistence helps build resilience and fuels continuous improvement.

CELEBRATE PROGRESS

Recognize and appreciate even small wins to build confidence and momentum. Each step forward is proof of your growth, reinforcing motivation and making long-term success more achievable.

SMART GOAL EXAMPLES

- "I will eat at least one serving of vegetables with lunch and dinner every day for the next 30 days, tracking my intake to stay on course."
- "I will take 8,000 steps per day, tracking my steps with a fitness app, over the next 60 days."

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