

# January



## Setting Goals for the New Year

As the new year begins, take time to reflect on your achievements from last year and set new goals for the year ahead. Whether you are focusing on your health, career, or personal growth, setting clear intentions can help you succeed. Start strong by creating goals that inspire and motivate you each day. Most importantly, remember that every action you take, no matter how small, brings you closer to your bigger goals!



### S.M.A.R.T.

Strengthen your goal by making it **S.M.A.R.T.**:

- **Specific:** Clearly define what you want to accomplish
- **Measurable:** Determine how you will track your progress
- **Attainable:** Set a realistic and achievable goal
- **Relevant:** Ensure your goal matters to you
- **Timely:** Set a deadline for achieving your goal

### Below are a few goal suggestions to get you started:

- **Give your brain a workout.** The more you use your brain, the better it will function. Try reading more books or doing crossword puzzles.
- **Be active!** Physical activity offers many benefits. If you are already active, consider trying something outside your comfort zone or starting a new activity.
- **Consider taking a multivitamin.** Consult with your healthcare provider to discuss potential benefits and which vitamins are right for you.
- **Aim for 7 to 8 hours of sleep each night.** Try to avoid daytime naps to help maintain a healthy sleep routine.

Set your intentions for the new year and take steps toward a healthier, more fulfilling future.

### January Challenge

31 Days of Wellness



- **Week 1** - Focus on hydration goals
- **Week 2** - Add 15 minutes of movement daily
- **Week 3** - Practice mindfulness or meditation
- **Week 4** - Prioritize sleep hygiene

### Create a Vision Board!

Start the year with inspiration by making your own vision board. Gather magazines, photos, or digital images that represent your goals for the year ahead. Arrange them creatively on a physical board or in a digital format, letting your imagination guide you. Take time to reflect on what motivates you and set clear intentions. Display your vision board somewhere you will see it every day. This fun and creative activity is a powerful way to visualize your aspirations, stay focused, and help turn your goals into reality throughout the new year.

**Source:** <https://healthylearn.com/connerstrong/sw/set-goals.html>



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