

SMART GOALS FOR EMOTIONAL WELLNESS

SPECIFIC

DEFINE WHAT
EMOTIONAL WELLNESS
MEANS TO YOU

ACHIEVABLE

CRAFT REALISTIC
EMOTIONAL
WELLNESS GOALS

TIME-RELATED

SET TIMELINES FOR
YOUR EMOTIONAL
GOALS

S

M

A

R

T

MEASURABLE

TRACK YOUR
EMOTIONAL
WELLNESS JOURNEY

REALISTIC

ALIGN YOUR GOALS WITH
YOUR PERSONAL VALUES

Smart Is As Smart Does Emotional Self Help For Young People

Elizabeth M. Varcarolis



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