

# The Resiliency Project

Aug. 14 Homework



## Setting Realistic Goals

**As part of today's program, we urged you to set and pursue SMART Goals:**

- **Specific**
- **Measureable**
- **Achievable**
- **Results-oriented**
- **Time-based**

**Your assignment between now and our next meeting will be to:**

- 1) Set a SMART goal related to an issue of immediate concern to you.**
- 2) Put it into action.**
- 3) Record the outcomes.**

**NOTE: Please be prepared to share your results/actions at our next session on Wednesday, September 11th.**