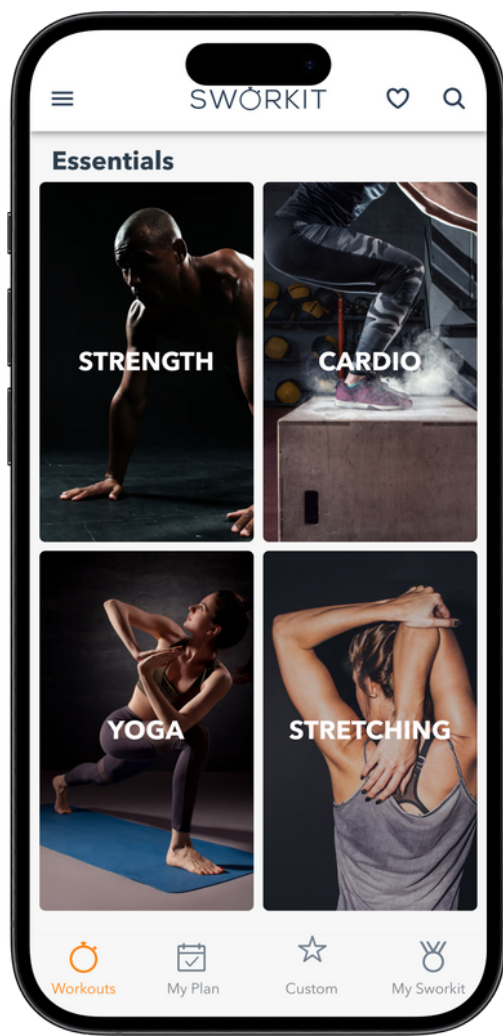




SWORKIT YOUR WAY TO HEALTH: GOAL SETTING TIPS

Setting **S.W.O.R.K.I.T** goals gives you a clear, personalized roadmap for lasting health and wellness. These goals help turn good intentions into manageable steps that fit your life, keeping you motivated and mindful every day. With a specific plan and realistic milestones, you're more likely to stick with healthy habits and see real progress over time.



S - SPECIFIC: What exactly do I want to achieve?
Why does this goal matter to me?



W - WORKABLE: Is this goal realistic for my lifestyle
and fits my daily routine?



O - ORGANIZED: What small steps can I take?
How will I track progress?



R - RELEVANT: How does it help my wellness?
Why does this goal matter to me now?



K - KEEP MOVING: How will I stay motivated on
tough days? What small steps keep me going?



I - INTENTIONAL: How can I stay mindful that each
action and decision aligns to my goal?



T - TIME BOUND: What's my timeline for this goal?
What milestones can I set?

Haven't signed up for Sworkit yet?
Be sure to do so and get started today!

SWORKIT
HEALTH