

SMART goal setting for Improving Social Wellness

S: Specific	I want to work on staying connected to friends I've lost touch with recently.
M: Measurable	I will reach out via phone, text, or social media at least one time per week to make a connection.
A: Achievable	It's realistic to connect with at least one person per week.
R: Relevant	Reconnecting with friends can bring me renewed emotional and social wellness.
T: Time-bound	I will begin my "social campaign" within 5 days of setting this goal.