




Plan the Life You Want

Life can get crazy sometimes, but it's too short to miss out on the things you really love. Use this resource to prioritize what you want out of each day and set goals to help you get it.

Don't forget to make your goals SMART: Specific, Measurable, Attainable, Relevant and Time-Bound. This way, you'll have a clear plan for how to make it happen!

 What I Want More Of	 What's in My Way?	 How Can I Make it Happen?
<i>Reading for pleasure</i>	<i>So tired. Can't keep my eyes open.</i>	<i>Tuesdays and Thursdays: bump up nighttime routine by 30 minutes and use that time to read before going to sleep.</i>