



GME Wellness Sub-Committee Newsbyte

S.M.A.R.T. Goals

Happy New Year! No really! July 1 marks a new year for us. This is a time for us to reflect on what we have accomplished and establish new goals! This can be overwhelming, but a little bit of planning can help lead you on the right path to improve your overall quality of life.

As residents, we have very busy schedules - filled with responsibilities both in and out of the workplace. We are aware of the importance of maintaining a healthy work-life balance. There is a movement in place geared towards setting and achieving goals. It is called S.M.A.R.T. goals and stands for specific, measurable, attainable, realistic, and timely. This mnemonic can help guide you to success in achieving goals. Studies have shown that it is best to set a goal that is either easy or hard (but not impossible) to reach, as it will provide the most motivation, compared to goals with moderate difficulty. For more information on how to set a S.M.A.R.T. goal, go to <https://www.yourcoach.be/en/coaching-tools/smart-goal-setting.php>.

Here are some examples of S.M.A.R.T. goals to get you started:

Go on a 30 minute jog at Cascades Park

Attend a hot yoga class 2 times a week

Make a home cooked meal (lasagna, tacos) on Sunday nights with friends or co-residents

Plan a Saturday kayak trip to the Wacissa River

Now go out there and make them happen!

--PGY-3 Resident Dr. Samantha Marrone, Dermatology