



Caring for Generations.

January, 2023
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Diabetes Education

CREATING SMART NEW YEAR'S RESOLUTIONS

SMART goals:

1. **Specific:** Set realistic goals that clearly define what you want to achieve and outline how you will go about doing it.
2. **Measurable:** Choose a goal that you can translate into numbers so that you can easily measure your progress. For example, setting a specific goal of eating a bowl of salad four days a week, going for a walk two days a week, or not drinking juice three days out of the week are examples of measurable goals.
3. **Achievable:** If you drink two liters of soda or smoke a pack of cigarettes per day, it will be very hard to stop these habits cold turkey. It's important to set goals that you feel confident you can achieve.
4. **Relevant:** You should have motivation to maintain your goals. Stop and ask yourself "Why do I want to do this?"
5. **Time-Bound:** Defining an exact start and end time for a particular goal can make it feel more attainable and realistic. For example, if you set your goal on New Year's Eve, you might like to define how long you think it would take you to achieve it. Usually, it takes two or three months to see a change in A1c, so setting a goal of lowering your A1c in one week is not realistic nor possible. Make sure that you give yourself reasonable time to achieve your goals.



HAPPY
NEW YEAR