



## Make 2018 Your Best Year Ever with **S.M.A.R.T. Goals!**

Do you ever feel like you're working hard but not getting anywhere? Maybe you see little improvement in your skills, achievements or health goals when you reflect on the last five or 10 years. Or perhaps you struggle to see how you'll fulfill your ambitions during the next few years. It's time to take the bull by the horns and start making some changes! Learning how to set S.M.A.R.T. goals is a great start. SMART stands for Specific, Measurable, Achievable, Relevant and Time-based. Read on to learn more about how to set S.M.A.R.T. goals.

### Specific

Your goal should be clear and specific—otherwise you won't be able to focus your efforts or feel truly motivated to achieve it. When writing your goal, try to answer the five "W" questions:

What do I want to accomplish? Why is this goal important? Who is involved? Where is it located? Which resources are involved?

#### Example

A specific goal could be to cook most of your meals at home and to make them healthy.

### Measurable

It's important to have measurable goals, so that you can track your progress. Assessing progress helps you to stay focused, meet your deadlines and stay motivated.

A measurable goal should address questions such as: How much? How many? How will I know when it is accomplished?

#### Example

I am going to cook 70% of my meals at home by cooking at home five nights per week. The meals will be healthy!

### Achievable

Your goal also needs to be realistic and attainable to be successful. In other words, it should stretch your abilities but still remain possible. When you set an achievable goal, you may be able to identify previously overlooked opportunities or resources that can bring you closer to it. An achievable goal will usually answer questions such as: How can I accomplish this goal? How realistic is the goal, based on other limitations, such as financial factors?

#### Example

I will achieve the goal of cooking 70% of my (healthy) meals at home by shopping on a day when I'm not working, and getting my family to participate.

## Relevant

Relevance refers to focusing on something that makes sense with your broader goals. For example, if your goal is to lose 10 pounds, cooking at home more would allow you to easily make healthier choices.

A relevant goal can answer "yes" to these questions: Does this seem worthwhile? Is this the right time? Is this something that will improve the quality of my life?

### Example

Cooking more healthy meals at home will improve my well-being as well as my family's. It will also save us money.

## Time-Bound

Anyone can set goals, but if it lacks realistic timing, chances are you're not going to succeed. Providing time constraints also creates a sense of urgency.

A time-bound goal will usually answer these questions: When? What can I do six months from now? What can I do six weeks from now? What can I do today?

### Example

Next month, I'll cook 25% of my meals at home. Within three months, I'll cook 40% of meals at home, and within six months, I'll cook 70% of my meals at home (healthy, of course!).

**SAVE THE DATE FOR OUR WEBINAR!**

**Join us on Thursday, December 21.  
The topic is "Ready, Set, Goal."**

# RECIPE: BRUSSELS SPROUTS GRATIN



## Ingredients

- 16 oz brussels sprouts, trimmed of outer leaves and sliced in half
- 1/4 tsp kosher salt
- Black pepper, to taste
- Olive oil spray
- 1/2 tbsp butter
- 1/3 cup chopped shallots
- 2 tsp all purpose flour
- 3/4 cup fat free milk
- 1/4 tsp kosher salt
- 1 tsp fresh thyme
- 1 tbsp grated Parmesan cheese
- 2 oz. grated Gruyère cheese, divided

## Directions

1. Preheat oven to 400°F. Spray an 8"x12" gratin dish or casserole with olive oil. Add the brussels sprouts and season with salt and pepper.
2. Spray more olive oil over the brussels and place in the lower third of the oven. Bake 15 minutes, toss and bake an additional 10 minutes.
3. Meanwhile, heat a medium nonstick pan over medium heat. Add butter and let it melt, add the shallots and cook until softened, about 4 to 5 minutes. Sprinkle the flour over the shallots to make a roux, whisking for 1 to 2 minutes. Add the milk and stir with a wooden spoon until the roux is incorporated into the milk. Cook over medium-low heat for about 4 minutes, stirring, until the sauce thickens.
4. Add fresh thyme, Parmesan and half of the grated Gruyère cheese into the white sauce and stir until the cheese is melted and incorporated into the sauce.
5. Pour over the brussels sprouts, and top with the remaining cheese. Bake for 15 minutes until top is lightly browned and bubbly.

## NUTRITION FACTS

Yield: 6 Servings | Serving Size: 1/2 cup | Calories: 110 | Total Fat: 5g | Saturated Fat: 0g | Cholesterol: 14mg  
Sodium: 135mg | Carbohydrates: 12g | Fiber: 3g | Sugar: 3g | Protein: 7g