

LIVING WELL MONTH GOAL SETTING

National Living Well Month celebrates the efforts of Family and Consumer Sciences (FCS) Agents to help you improve your life and strengthen families through educational programs offered by NC Cooperative Extension service in all 100 counties and the Eastern Band of Cherokee.

To learn more about these topics, find related resources and educational programs, contact your county FCS Agent. Find them at go.ncsu.edu/extension-county-centers

Tips For Setting and Achieving Goals

1. Have SMART goals. You're not going to achieve your goals if they aren't SMART
2. Write them down- put pen to paper and write them down
3. Make your goals visible
4. Break it down
5. Develop a plan
6. Take action
7. Keep perspective
8. Identify potential obstacles
9. Be accountable
10. Reflect and Adjust

Goal Setting
Phone/Ipad Apps
o CheckMark Goals
(app)
o Don't Break The
Chain! (app)

March 3rd-9th Daily Challenge

Sunday

Plan your meals for this week and add one fruit to eat every day.

Monday

Write down 5 things or people you are grateful for, and why.

Tuesday

Take 5 minutes to do some flexibility exercises and repeat daily.

Wednesday

Swap one sugar sweetened drink for water and repeat as many times as you can during this month.

Thursday

Set a simple goal you can achieve in a month that will improve your life.

Friday

Explore ways to save money for future plans. It can be using a piggy bank, savings account, or other investment.

Saturday

Tonight, turn off the TV! Have a game night with your family or friends and play some board games instead.

Notes: