

SPECIFIC  
MEASURABLE  
ATTAINABLE  
RELEVANT  
TIME BASED

SMART GOALS

Let us help you with life goals that you would like to pursue. Whatever personal or professional targets you may aim for – be it career, health, family, education, or finances – establishing SMART goals can help prepare you for successful outcomes.

**800-222-0364**

TTY: 888-262-7848

**24 HOURS A DAY**

Services are confidential and offered to you and your family members as a FREE agency-paid benefit.