HeadFIT
Goal Setting

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Setting goals is a great way to boost your mood and help you reach peak performance. Goals give you purpose and focus, and that turns into motivation and energy. Your goals can be anything: big or small, at home or at work. To get the best result, try using the SMART format. Specific. Measurable. Achievable. Realistic and timely. Don't make your goals so hard that you'll never reach them. But don't make them too easy either. Try to push yourself for a sense of achievement. Share your goals with others for their support and just go for it. Goal setting really helps with your mental fitness.