First, you have to have an idea of something you want to DO or CHANGE.

I’d really like to look better and feel better about myself.

1. Get Specific
   I want to lose weight.

2. Make it Measurable
   I want to lose 20 pounds.

3. Make it Achievable
   I will start eating better foods and exercising.

4. Is it Realistic?
   Consider your time, resources, finances, etc.

5. Set a Timeframe
   I will lose 20 pounds in the next 3 months.