

Navigating INCOME LOSS

- IT'S A -
MONEY THING®

USING SMART GOALS TO GET BACK ON TRACK

Goal-setting is an important part of recovering from income loss. SMART goals help set you up for success.

A **SMART** goal is:

- Specific
- Measurable
- Attainable
- Relevant
- Time-bound

The process of writing a SMART goal translates a vague intention into a specific plan of action.

For each section, circle one of the suggested goals (or add your own). Turn your selection into a SMART goal by filling out the blanks.



BROUGHT TO YOU BY



SCRUTINIZE

SUGGESTED GOALS:

- Create a budget
- Research government assistance programs
- Make a contact list of people who can help you
- Research unemployment benefits

I will _____ GOAL
by _____ DATE. I will reach my
goal by _____ SPECIFIC ACTIONS

in order to _____ DESIRED OUTCOME

I will know I have achieved it when _____
_____ WHAT SUCCESS LOOKS LIKE

DOWNSIZE

SUGGESTED GOALS:

- Cut out unnecessary expenses
- Use cost-saving options for the expenses you simply cannot cut out
- Sell items you don't need
- Take stock of your investments

I will _____ GOAL
by _____ DATE. I will reach my
goal by _____ SPECIFIC ACTIONS

in order to _____ DESIRED OUTCOME

I will know I have achieved it when _____
_____ WHAT SUCCESS LOOKS LIKE

ENERGIZE

SUGGESTED GOALS:

- Practise self-care (nutrition, exercise, sleep)
- Learn a new skill
- Refresh your resumé
- Work on your job interview skills

I will _____ GOAL
by _____ DATE. I will reach my
goal by _____ SPECIFIC ACTIONS

in order to _____ DESIRED OUTCOME

I will know I have achieved it when _____
_____ WHAT SUCCESS LOOKS LIKE