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.



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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:

- Practice 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).

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