# Navigating INCOME LOSS

# - IT'S A -MONEY

## **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:

**S**pecific

**M**easurable

**A**ttainable

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** 



#### SUGGESTED GOALS:

Create a budget

Research government assistance programs

Make a contact list of people who can help you

Research unemployment benefits

### **SCRUTINIZE**

I will

		GOAL
by		I will reach my
,	DATE	
goal by		
<b>3</b> -		SPECIFIC ACTIONS
in order to		
		DESIRED OUTCOME
l 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		I will reach my
•	DATE	•
goal by		
<i>y</i> –		SPECIFIC ACTIONS
in order to		
		DESIRED OUTCOME
I will know	I have a	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

l will		
		GOAL
by		I will reach my
,	DATE	
goal by		
<b>3</b> · · · · <b>/</b> —		SPECIFIC ACTIONS
in order to	<b></b>	
		DESIRED OUTCOME
I will know	I have	achieved it when

WHAT SUCCESS LOOKS LIKE