

# RESILIENCY

## Resiliency In The Moment: Moving Forward



“She stood in the storm. And when the wind did not blow her away, she adjusted her sails.”

- Elizabeth Edwards

## Adjusting your goals to new circumstances.

1. Set a new goal that is important to you and motivates you.
2. Think about how this goal is SMART (Specific, Measurable, Attainable, Relevant, Time Bound).
3. Create a plan to achieve your goal and write it down.

It's not always easy to change your goals when facing significant life changes. Re-evaluating goals allows for longer-term vision with short-term successes. Following these steps will help you organize your time and resources so you can make the most of your new reality.

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