

# 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