

**Create a personal Vitality goal and achieve results** Goals available through Vitality allow you to set your own objectives, establish a timeline for achieving them, and earn a maximum of 30 Vitality Points™ each week when you check in on them. Vitality will make goal recommendations based on your health profile or you can choose one or several goals that inspire you on your Personal Pathway™ to better health including:

* Revving up your workouts
* Avoiding smoking triggers
* Reducing your debt
* Shaking the salt habit … and more

With you every step of the way Upon setting a goal, a welcome message will appear in your Vitality website inbox followed by Newsfeed posts, weekly inbox and mobile messages tailored to your goal progress. Look for expert tips and encouragement to address any obstacles you might be facing over a four-week period.

**“SETTING GOALS IS**

**THE FIRST STEP IN TURNING THE INVISIBLE INTO**

**THE VISIBLE.”**

- TONY ROBBINS

**Goal Setting is Crucial to Success**

* People without goals tend to underperform and can lose up to 30% of their capacity.
* People with goals in mind are 10 times more successful, than those without.
* People with written goals are 3 times more successful, than those with unwritten goals.
* Working towards goals can increase performance up to 250% compared to “doing your best”.

Remember to make your goals S.M.A.R.T.

**S**pecific · **M**easureable · **A**ttainable · **R**ealistic · **T**imely

A few things to think about since you’re already here.

**Did you know?**

Character | Commitment | Competence

Have you had an IMPACT today?