

# 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:

**S**pecific  
**M**easurable  
**A**ttainable  
**R**elevant  
**T**ime-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 \_\_\_\_\_  
by \_\_\_\_\_ . I will reach my  
goal by \_\_\_\_\_  
in order to \_\_\_\_\_  
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 \_\_\_\_\_  
by \_\_\_\_\_ . I will reach my  
goal by \_\_\_\_\_  
in order to \_\_\_\_\_  
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 \_\_\_\_\_  
by \_\_\_\_\_ . I will reach my  
goal by \_\_\_\_\_  
in order to \_\_\_\_\_  
I will know I have achieved it when \_\_\_\_\_  
WHAT SUCCESS LOOKS LIKE