

2025

# SMART GOALS & VISION BOARDS

COME & JOIN US!

THURSDAY JANUARY 30

1PM-2:30PM

MAC BUILDING

ROOM 173

## WHY SHOULD YOU JOIN?

- Set SMART goals for a clear, actionable future plan.
- Create a personalized vision board to visualize your 2025 goals and stay motivated.
- Get all necessary materials for crafting your vision board.
- Engage with peers in a fun, supportive environment.
- Leave with a tangible plan to stay on track and achieve your dreams.



SCAN TO REGISTER OR EMAIL  
HEALTH.WELLNESS@AZWESTERN.EDU

