

## Resources - Goal Setting

- **Apps**
  - Wellness [Make it Your Own! | Fountain of Health](#)
- **Resources/Tools**
  - SMART goals [preparing-for-success-goals.pdf \(wrha.mb.ca\)](#)
  - WRHA Health Management Program Guide <https://wrha.mb.ca/groups>
    - Preparing for Success <https://wrha.mb.ca/groups/preparing-for-success/>
- **Websites**
  - Fountain of Health [www.fountainofhealth.ca](http://www.fountainofhealth.ca)