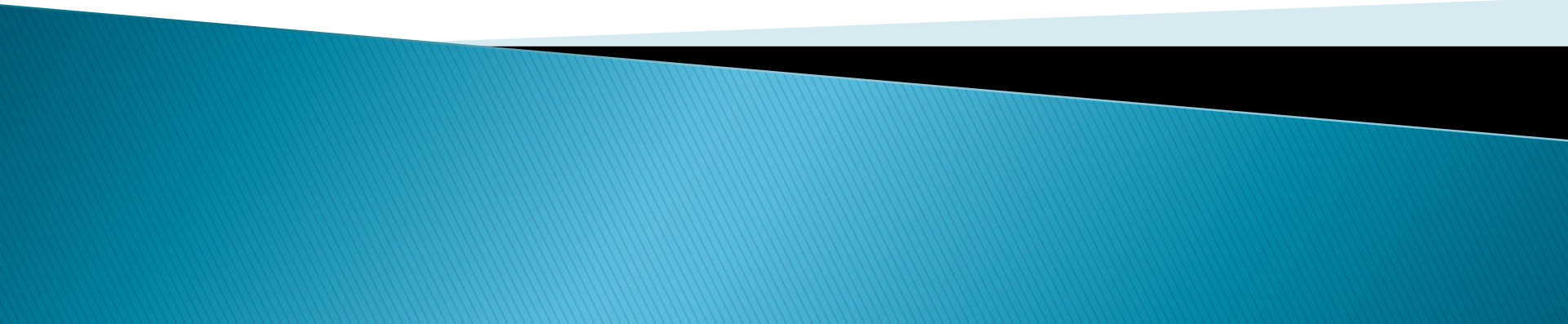
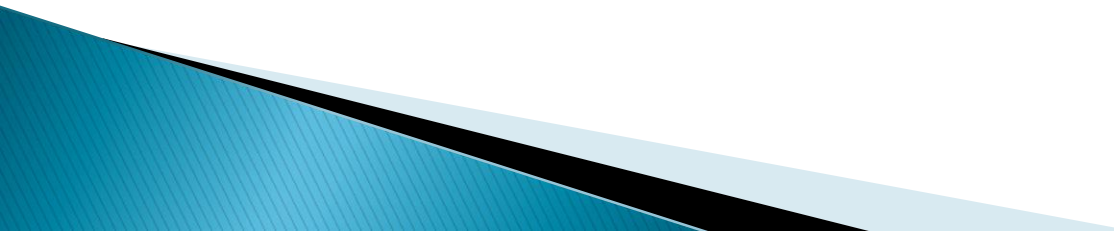


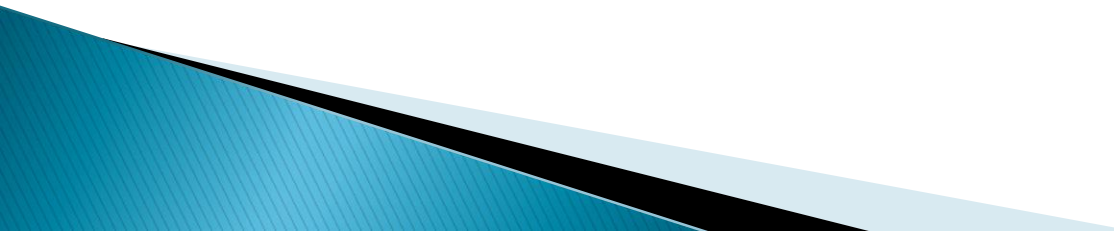
S.M.A.R.T. Goals



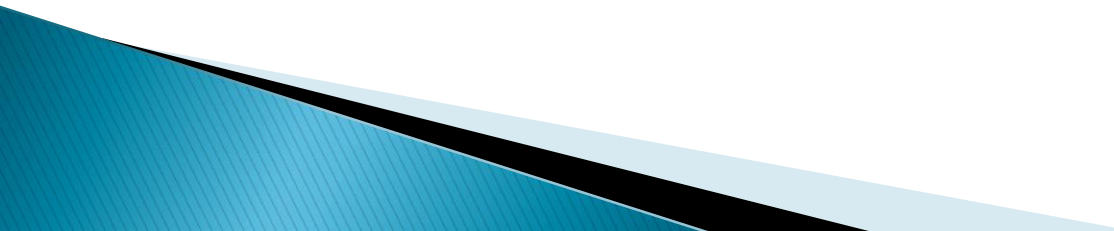
S.M.A.R.T.

- ▶ Specific
 - ▶ Measureable
 - ▶ Attainable
 - ▶ Realistic & Relevant
 - ▶ Time Bound
- 

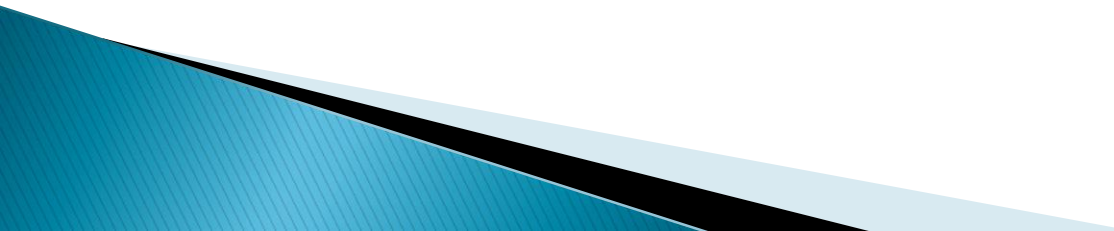
SPECIFIC

- ▶ Do you know exactly what you want to accomplish with all the details?
 - ▶ Goals must be well defined (not vague)
 - ▶ They must be clear
- 

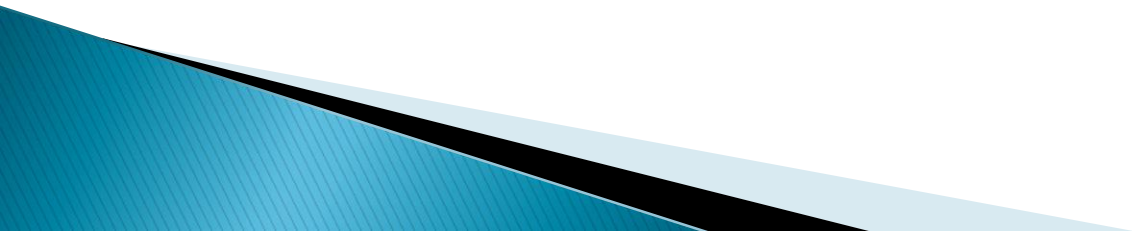
MEASUREABLE

- ▶ Can you quantify your progress so you can track it?
 - ▶ How will you know when you reach your goal?
 - ▶ Define specific criteria for measuring progress – so you can measure and keep track of your progress
- 

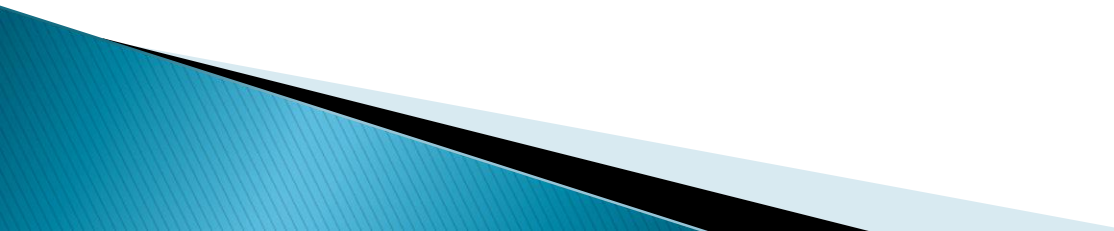
ATTAINABLE

- ▶ Is your goal a challenge but still possible to achieve?
 - ▶ Goals must be achievable
 - ▶ The best goals require you to stretch a bit to achieve them but are not impossible to achieve
- 

REALISTIC & RELEVANT

- ▶ Is your goal realistic and within your reach?
Are you willing to commit to your goal?
 - ▶ You should truly believe your goal can be accomplished
 - ▶ Is your goal relevant to your life purpose? Is it in line with your beliefs and values?
- 

TIME BOUND

- ▶ Does your goal have a deadline?
 - ▶ Clearly defined time frame – starting date and a target date
 - ▶ Without a time limit then there is no urgency to start taking action towards achieving your goals
- 

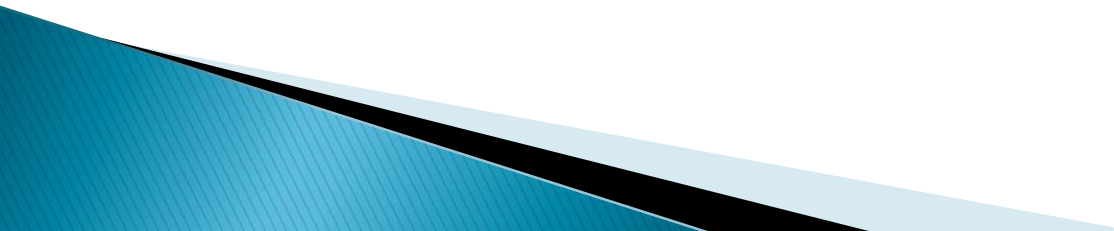
EXAMPLES

Bad example of a SMART goal:

“I want to have a lot of money”.

Good example of a SMART goal:

“I want to make one million within 10 years by starting an internet marketing business selling personal development products all over the world and by providing life coaching consultancy and conducting live seminars.”



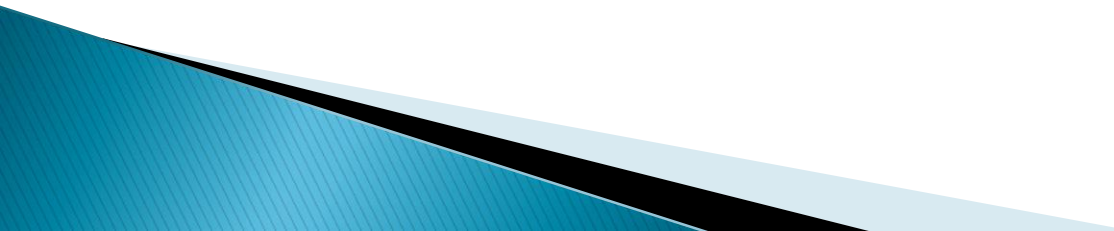
EXAMPLES

Bad example of a SMART goal:

“I want to lose weight”.

Good example of a SMART goal:

“I want to lose 20 lbs. by April 15th 20___. I will perform a half hour of cardio and half hour of strength training per day, 5 times a week and I will only eat starchy carbohydrates 3 times a week.”



EXAMPLES

Bad example of a SMART goal:

“I want to write a book”.

Good example of a SMART goal:

“I want to write a work book on “How to add 10 years to your life” that is at least 150 pages in length and get it completed by June 30th 20___. I will write at least 4 pages every weekday until I complete the book.”

