

SMART

Goal Setting

SET YOURSELF UP FOR SUCCESS

SMART goals are:



Specific:

Well defined, clear, and unambiguous.

Measurable:

With specific criteria that measure your progress towards the accomplishment of the goal.

Achievable:

Attainable and not impossible to achieve.

Realistic:

Within reach, realistic, and relevant to your life purpose.

Timely:

With a clearly defined timeline, including a starting date and a target date. The purpose is to create urgency.

Let's Break it Down...

Specific - A specific goal has a much greater chance of being accomplished than a general goal. To set a specific goal you must answer the six "W" questions:

- **Who:** Who is involved?
- **What:** What do I want to accomplish?
- **Where:** Identify a location.
- **When:** Establish a time frame.
- **Which:** Identify requirements and constraints.
- **Why:** Specific reasons, purpose or benefits of accomplishing the goal.

Measurable - Establish concrete criteria for measuring progress toward the attainment of each goal you set.

- How many/much?
- How do I know if I have reached my goal?
- What is my indicator of progress?

Attainable - Identify goals that are most important to you and that you can make a reality.

- Do I have the resources and capabilities to achieve the goal? If not, what am I missing?
- Have others done it successfully before?
- Is your goal too lofty?

Realistic - To be realistic, a goal must represent an objective toward which you are both willing and able to work.

- Is the goal realistic and within reach?
- Is the goal reachable given the time and resources?
- Are you able to commit to achieving the goal?

Timely - A goal should be grounded within a time frame. With no time frame tied to it there's no sense of urgency.

- This means NOT setting goals like: I will quit smoking, I will have self-control... these are WAY too big and need mini goals set each week that you work TOWARDS to reach your long term goal.
- Does my goal have a deadline? Break down to **short term and long term**. Short term is how you are going to take the mini steps to get to long term goal. Short term goals are set first.
- By when do you want to achieve your goal? Short and long term.

GOOD Examples

Movement goal: I will walk 20 mins for 3 days (M,W,F) this week at 5 pm and track this using my calendar. I will write down my treadmill, speed and incline when using a treadmill. I will do this so that I have more energy to get more work done and have less joint pain so that I can age well and not end up in a nursing home.

Lifestyle goal: I will get better sleep by not looking at any electronics 1 hr before bed for 3 days this week so my brain has time to prepare for restorative sleep and so I can handle stress better during my day. Less stress gives me more mental clarity so I can get more done. My desired bed time will be 9 pm. I will track this on a note pad.

Nutrition goal: I will add 1 serving of veggies to 3 meals this week, starting with lunch. I will do this by going to the grocery store with a list on Sundays to make sure I have what I need each week. I will track this on a piece of paper or I will text a friend. I will do this because I want to have more natural energy so that I spend more quality time with my family at the end of the day.

POOR Examples

- I will lose 50 lbs
- I want to lose weight by the end of the year
- I will quit smoking
- I will work out more at the gym
- I will eat healthier foods
- I will go food shopping for healthier snacks

EVEN this one is too ambiguous:

- I will walk 4x per week, lift 2 times per week and have a shake 1x per day. I will keep in contact with my friend to be accountable.

It is MUCH better but the subconscious will not take action if there are not enough details, the brain will look for loopholes to slip in an excuse.

So when are you going to the gym, is it scheduled, how are you going to track it, how are you going to make sure you have all your shake ingredients? How are you going to contact your buddy?

DETAILS DETAILS DETAILS

