

SMART GOALS

Have you ever set goals, but didn't accomplish them? Maybe you never even gave them a second thought?

Before I learned the method of setting S.M.A.R.T. goals, I had a really hard time turning any of my goals into a reality!

SMART goals are goals that are Specific, Measurable, Actionable/attainable, Realistic, and Timely.

EX:

REGULAR GOAL:

I have a goal to lose weight.

S.M.A.R.T. GOAL

I have a goal to lose 15 lbs and 3 inches from my waist in 8 weeks by joining a spin class, attending 3 times a week, creating a specific diet plan, and stop eating out.

So how do you set SMART goals?

1. Get Specific! - The first step in creating a SMART goal is getting specific. This will help clarify your ideas and help you focus your efforts in the right direction!

2. Make it Measurable! - It is important to have measurable aspects of your goals so you can track your progress and recognize achievement! What parts of your goals are measurable?

3. Is my goal Actionable and Attainable? - A key part of creating SMART goals is coming up with ways you can achieve these goals or "creating an action plan". To create an actionable and attainable goal you need to ask yourself...

- How can I accomplish this goal?
- What steps do I need to take to meet my goal?

4. Is my goal Realistic? - How realistic is your goal? Think about what constraints could prevent you from reaching your goals? Your goal should also push you but not be set higher than your abilities. Setting a goal that is too high may not only leave you frustrated and discouraged, it can prove hard to keep focused. Ask yourself...

- What constraints do I have? Including financial and physical constraints.
- Do I have the resources, or access to the resources I need?

5. Make it Timely! - The last step in creating SMART goals is keeping yourself time bound! A goal without a time limit will make procrastinating extremely easy. If there is no due date for your goal, why work on it today? Keep yourself accountable by setting a specific and appropriate time limit for your goal. Push your self but remember to keep it realistic!

A goal that is Specific, Measurable, Actionable/Attainable, Realistic, and Timely provides you with an action plan of what exactly you want to accomplish, how you can accomplish it and when you want to accomplish it by!

So if you're sick of setting goals that never get done, Start Setting and achieving SMART goals!

SMART GOALS

S

SPECIFIC:

M

MEASURABLE:

A

ACTIONABLE/ATTAINABLE:

R

REALISTIC:

T

TIMELY:

MY SMART GOAL: