## Developing SMART Goals

The SMART goals framework ensures goals are well-defined and achievable. A SMART goal is Specific, Measurable, Achievable, Relevant, and Time-Bound. By articulating each of these components, you create a clear roadmap that defines what success looks like and how you’ll measure progress and stay motivated. The process encourages realistic, yet ambitious, goals that align with your broader values and priorities.

Want some help defining your goals or creating accountability? Let’s chat! MarkW@FocusingOnResults.com

## SMART Goal Statement Template Example

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| **SMART Element** | **Description** | **Define Your Goal** |
| Specific | What exactly do you want to accomplish? Define your goal with as much detail as possible. | I want to improve my fitness by running a 5K race. |
| Measurable | How will you measure your progress and know when you’ve achieved the goal? | I will track my distance and time each week, aiming to run a 5K in under 30 minutes. |
| Achievable | Is this goal realistic given your current situation and resources? | I will start with short runs and gradually increase my distance over eight weeks. |
| Relevant | What makes this goal important to you? How does it align with your broader values or objectives? | Running a 5K will improve my health, boost my confidence, and support my long-term fitness goals. |
| Time-Bound | What is your deadline? When will you complete this goal? | I will complete the 5K race scheduled for June 1st. |

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Combine into a statement: “I will [specific goal] by [deadline]. I will measure progress by [measurable criteria]. This is achievable because [reason], and it’s relevant because [personal importance].”