

A decorative border of watercolor flowers in various colors (pink, yellow, red, blue) surrounds the central text.

SMART Goals: A Clear Path to What You Want





BEFORE YOU WRITE ANYTHING...

PAUSE.

- MOST PEOPLE RUSH INTO GOALS.
- THAT'S WHY THEY ABANDON THEM.
- TAKE A BREATH AND ASK YOURSELF:
- WHAT DO I REALLY WANT RIGHT NOW?
- WHAT AM I TIRED OF REPEATING?
- WHAT WOULD FEEL DIFFERENT IN MY LIFE IF I FOLLOWED THROUGH?

YOUR GOAL SHOULD COME FROM TRUTH, NOT PRESSURE.



WHAT SMART REALLY MEANS (IN REAL LIFE)

DON'T JUST FILL IN BOXES—UNDERSTAND THE INTENTION BEHIND THEM:

- SPECIFIC → BE CLEAR ENOUGH THAT A STRANGER COULD UNDERSTAND IT
- MEASURABLE → YOU CAN TRACK IT WITHOUT GUESSING
- ACHIEVABLE → STRETCHING YOU, NOT STRESSING YOU
- RELEVANT → CONNECTED TO YOUR REAL LIFE, NOT SOMEONE ELSE'S EXPECTATIONS
- TIME-BOUND → HAS A DEADLINE SO IT DOESN'T FLOAT FOREVER



TURN YOUR GOAL INTO ACTION (THIS IS WHERE IT GETS REAL)

A GOAL WITHOUT A PLAN IS JUST A CUTE IDEA.

BREAK YOUR GOAL INTO:

1. WEEKLY FOCUS

WHAT MUST HAPPEN THIS WEEK?

2. DAILY ACTION

WHAT IS THE SMALLEST STEP I CAN TAKE TODAY?

3. CALENDAR IT

IF IT'S NOT SCHEDULED... IT'S NOT REAL



SMART GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	<u>SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH?	
M	<u>MEASURABLE</u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	<u>ACHIEVABLE</u> HOW CAN THE GOAL BE ACCOMPLISHED?	
R	<u>RELEVANT</u> DOES THIS SEEM WORTHWHILE?	
T	<u>TIME BOUND</u> WHEN CAN I ACCOMPLISH THIS GOAL?	

