

Setting **S.M.A.R.T.** Goals

Specific: The goal should identify a specific action or event that will take place

Measurable: The goal and its benefits should be quantifiable

Achievable: The goal should be attainable given available resources

Relevant: The goal should align with your overall objectives and emotional purpose

Timely: The goal should state the time period in which it will be accomplished

Initial Goals (*Write a few goals I have in mind*):

****Complete the below goal statements after going through steps 1-5 of **S.M.A.R.T.** goals****

Your S.M.A.R.T. Goals *Craft a goal statement based on what the answers to the questions above have revealed. Use clear, specific language. Start your goal statement with "To" or "I will" and then a verb. [Ie: I will sell \$15,000 NAP per month in Q2 in order to see \$3500 so that I can pay all of our monthly bills plus save an extra \$500/month toward a new car.]*

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1. **Specific:** *What do I want exactly? Why do I want to achieve that? What kind of person do I need to be or grow into?*

2. **Measurable:** *How will I measure progress? How will I know if I've successfully met my goal?*

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3. Attainable *Come up with ways to achieve goals. What skills do I need to obtain to achieve the goal? What steps are involved to achieve it? Am I willing to put in the amount of effort required to achieve the goal?*

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4. Relevant *You must truly want it. Why do I want it? What is the purpose of my goals? Why is it important to me? Is it worth the cost and resources? Will I truly be happy going this way?*

5. Time-bound *Gives a sense of urgency. When would I like to achieve my goal by? What's the deadline to accomplishing my goal?*

PRIORITIZE: Choose 3 goals to focus on right now.