

SMART.

goal EXAMPLES



SPORTS

- Run 30 minutes a day 5 times a week
- Go to all of my training sessions for the next 2 months
- Shoot 200 extra free throws a week

Relationships

- Do an outdoor family activity once a month
- Organize a family reunion
- Be present at each family dinner

Health

- Eat a veggie dish 3 times a week
- Eat homecooked meals twice a day
- Drink 8 glasses of water a day

Personal Development

- Read one non-fiction book a month
- Find a mentor and schedule monthly meetings/calls
- Journal 10 minutes a day

passions + interests

- Write 500 words a day for my blog
- Volunteer at a local hospital 3 times a month
- Raise \$1000 for charity



Specific **M**easurable **A**ttainable **R**elevant **T**ime-bound



5 STEPS FOR EFFECTIVE GOAL SETTING



STEP 1: WRITE DOWN YOUR GOAL

Research shows people are 33% more likely to achieve their goals if they write them down.



STEP 2: MAKE YOUR GOAL SPECIFIC AND MEASURABLE

Lots of research around SMART goals [Specific, Measurable, Attainable, Relevant, and Time-bound] has shown if you take the time to define a goal, it will have a higher rate of success. Use the template below to define your goal:

I will _____ by _____

When and with whom? _____



STEP 3: IDENTIFY A "GOAL BUDDY"

Studies have shown those who have an accountability partner with weekly check-ins achieve their goals significantly more than those who don't.

A "goal buddy" can be your friend or family member. You can have more than one!



STEP 4: NAME POTENTIAL SETBACKS AND CHALLENGES

It's important to consider potential challenges and setbacks which could prevent you from achieving your goal. In fact, some studies show that imagining roadblocks can increase productivity, improve time management, and reduce stress.



STEP 5: SCHEDULE REVISING DATES

Set a few dates to revisit your goals. It's a great opportunity to celebrate small successes you have already achieved and to review your current goals to make sure they are still meaningful or need to be changed.



"LIFE IS A JOURNEY, NOT A DESTINATION."

Ralph Waldo Emerson



When do I want to achieve it by?

Who can help me?

My first action

Goal:

How will I overcome the obstacle?

My goal buddy (accountability partner)

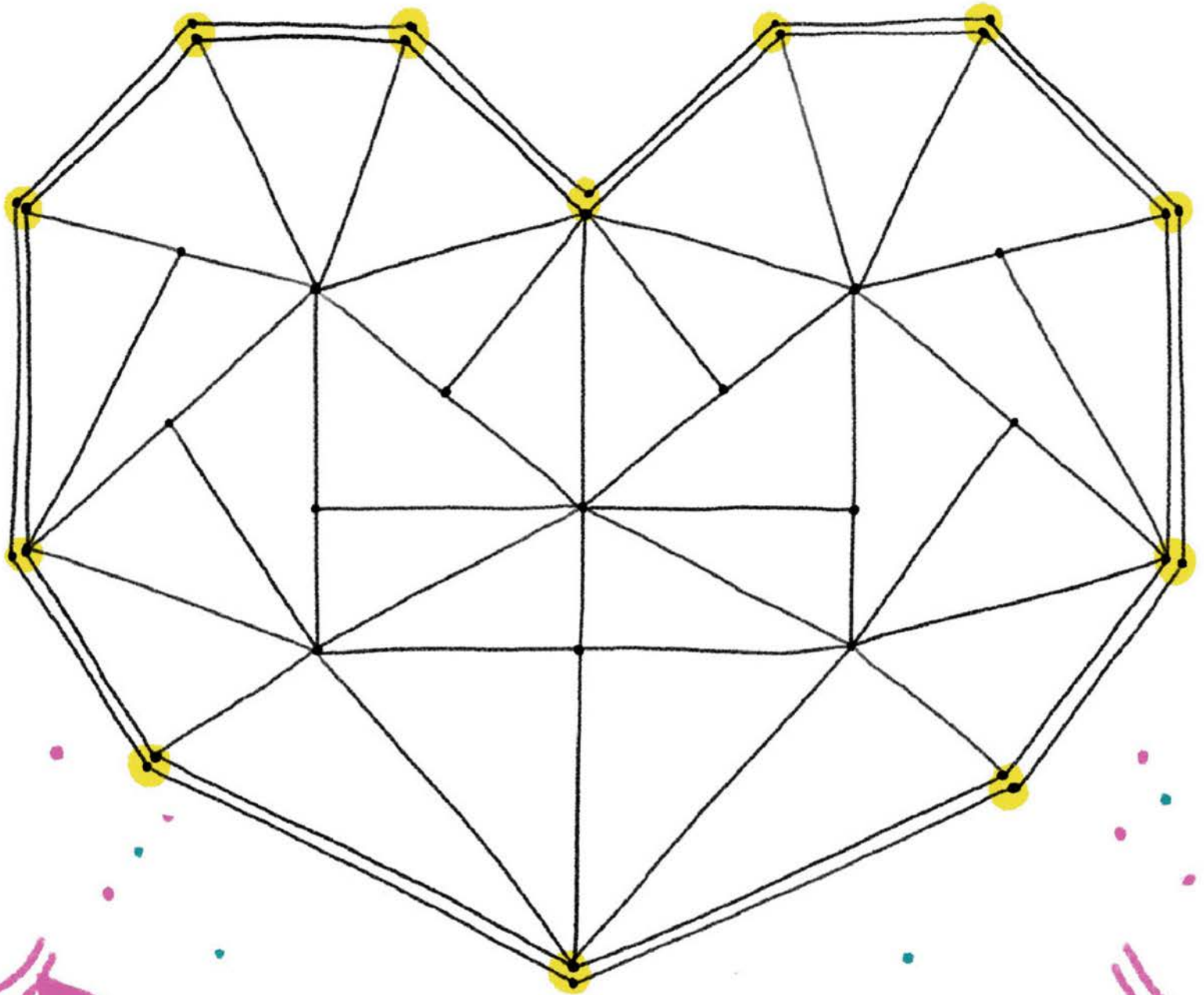
One possible obstacle

Imagine it's the end of **2019** and it was your **BEST** year yet!
List or draw events, accomplishments, people, and things
which made it so great.

RANDOM

acts of kindness

TRACKER



When you perform a random act of kindness, color in one piece of the heart. You can also write down the name of a person you helped.