

SMART Goal Setting

"A goal is a dream with a deadline" – Napoleon Hill

Achieving your goals is more difficult than simply setting them. That is why many people use a system called, setting SMART goals. Smart goals are Specific, Measurable, Achievable, Realistic and Timely.

The act of writing down your highly specific goals seals them in stone, and yet so few people take time to do this exercise. Use the worksheet below to guide you. I suggest doing it for at least your top 3 goals.

- ★ List your most pressing goal:

- ★ Specific: List specific action steps on how you will achieve this goal:

- ★ Measurable: How can you measure your progress?

- ★ Attainable: What will help make your goal attainable?

- ★ Relevant: Why you absolutely must achieve your goal?

- ★ Timely: When will you attain your goal?

Now that you have your goals documented, take at least one small action towards creating a better future.