



SMART Goals

Date:

The SMART Model (below) outlines some simple guidelines that you can use for setting effective goals in the key areas of your life.

S M A R T stands for:

- **S – Simple/Specific** Keep your goal simple and focused, rather than wordy and vague. Be very specific about the outcome you want.
- **M – Measurable** How will you know when your goal has been reached? What will be different?
- **A – Attractive** Does this goal inspire you? Is it exciting enough in both the long and short term?
- **R – Realistic** The goal must be achievable.
- **T – Timed** State your goal as if its already been achieved. This trains the unconscious mind to accept the goal as real, which helps you to move more effectively towards it. Know when your goal will be realised.

Example

It is 14 June 2021 and I have just launched a website for my new business.

SMART Goals

List at least one SMART Goal for each of the following life areas.

Career/Business

Finances and Wealth

Friends and Family

Fun, Recreation and Entertainment

Health and Fitness

Love Life

Personal/Spiritual Development

Physical Environment

SMART Goals

What actions can you take in each area to move towards your goal? How can you step out of your comfort zone even more with your actions?

Career/Business

Finances and Wealth

Friends and Family

Fun, Recreation and Entertainment

Health and Fitness

Love Life

Personal/Spiritual Development

Physical Environment
