

Create S.M.A.R.T. Goals

S - Specific M - Measured A - Attainable R - Relevant T - Timely

Step 1: State your goal - specific, challenging, attainable

Step 2: List every single reason you want to reach the goal. What are the benefits?

Step 3: List every obstacle between you and your goal. Why haven't you already achieved it?

Step 4: What is the "primary constraint," the main barrier, keeping you from your goal? (If you remove it, you'll be automatically closer to achieving it!)

Step 5: The Cost: List every sacrifice you need to make to reach the goal.

Step 6: What information, skills or help do you need to reach the goal?

Step 7: Who can help you get the info, skills etc that you need to achieve the goal?

Step 8: List every step, in order, that you will need to take to reach the goal

Step 9: What are the three primary steps you need to take if you are to achieve this goal?

Create S.M.A.R.T. Goals***S - Specific M - Measured A - Attainable R - Relevant T - Timely******Step 10: What habits will you need to form to achieve your goal?******Think of these different time spans:******Daily...******Weekly...******Monthly...******Annually...******Step 11: How committed are you, really, to achieving this goal regardless of the difficulty?******Step 12: What's the one thing you can do right now, today, before you do anything else, to begin to move toward the fulfillment of your goal?***