

Goal Setting

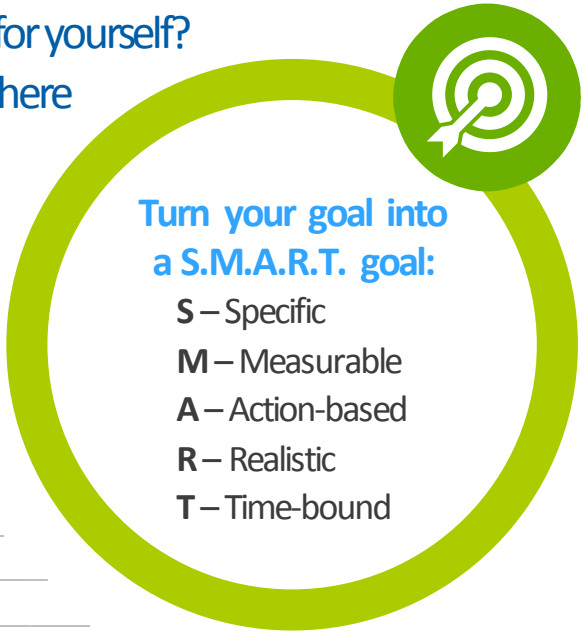
Success begins with a goal. Do you have a goal for yourself? Big or small, goals provide you with a path to where you want to go.

You might want to take a few minutes and answer these simple questions:

1. What kind of person do I want to be?
What do I look like? How do I act? How do I feel?

2. Why is this important to me? How might it change my life?

3. What is one small thing I can do now to start becoming the person I want to be?



Which one isn't a SMART goal? (Answer on bottom of back page)

Example 1: From December 3rd until my vacation on December 23rd, I will pack my meals for work every weeknight after supper. To do this, I will pack a fruit, yogurt, and oatmeal packet for breakfast and use some of my leftovers for lunch.

Example 2: Starting on my birthday, August 1st, I will think peaceful thoughts for 10 minutes every morning, before breakfast, to lower my stress level.

Example 3: Starting June 30th and continuing until the kids go back to school on August 15th, I will get up at 5:30am on Mondays and Wednesdays to walk on my treadmill for 20 minutes before work.

4. Try to turn your answer in question #3 into a S.M.A.R.T. goal.

Remember to keep it Specific, Measurable, Action-based, Realistic, and Time-bound

5. What challenges might I run into on the way to my goal?

6. How can I get past these challenges?

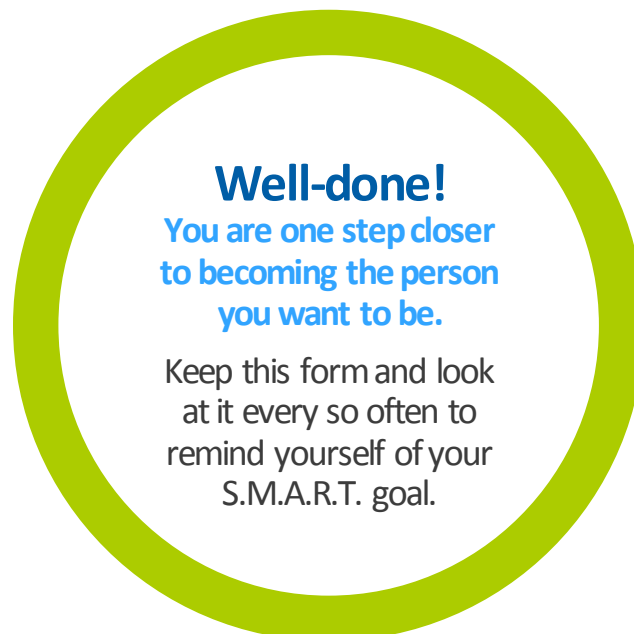
7. Who will be my support team?

- a.

- b.

- c.

8. How will I stay fired up to keep working towards my goal?



Answer: #2 is not a S.M.A.R.T. goal. Since it does not have an end date, it is not time-bound. Having an end date to a goal gives you something to work towards and is an important part of creating a goal you can achieve.