HumanistCoach.com

NO MORE ONE-DAY WISHES:
CRAFTING S.M.A.R.T. GOALS
for real-world change!!

"Is it SMART? This is the dividing line between unspecified desire and a goal that sets you up for success. It's too easy to dismiss shapeless desires and one-day wishes. And the larger and more undefined a sorta-goal is, the more easily it scares us away from even trying."
—*Your Next Life Now*, page 24

The SMART Goal Process is like Goal Creation Bootcamp. To get started, write down a real-life goal of yours on the line below. Then walk it through our SMART orientation and see how it begins to transform!

My Goal: _____

S M A R T

Is Your Goal SPECIFIC?

Generalities are the enemy. Trade in "more money" for something like "add an additional income stream." Or upgrade "find happiness" to "spend more time doing things I enjoy." Take time to think out what you want—*for real*. And get specific. More specific, the better.

Is Your Goal MEASURABLE?

How will you know when you've achieved your goal? If you're not sure, here's where you set up camp. Your goal must be objectively measurable. You may restructure your goal with minutes or days, pounds lost, dollar signs gained, or webpages consulted. But if you don't have a way to track your progress, your progress will flatten like a shape-shifting tire.

Is Your Goal ACHIEVABLE?

If you're mother always said you could do anything, she lied. *Try skydiving without a parachute.* Here you do the necessary work of checking real-world factors to make sure you're striving for something that's actually doable.

Is Your Goal RELEVANT?

Does your goal matter? No really—*Does it?* The more it matters, the harder you'll work for it. And let's consider not only how much it matters personally but to those around us as well.

Is Your Goal TIME-SPECIFIC?

What kind of timeline are we talking about here? Chart it out, and if it's more than a year, break this into smaller goals to assist your endurance. Your timeline intersects with everything above, so recheck your other points as well and see this thing through to completion!