

S.M.A.R.T. Goals

Specific, Measurable, Attainable, Realistic, Timely

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Creating goals has to be one of the most significant parts in finding your success. Though there are a few things we have to remember about setting goals. S.M.A.R.T. Goals will help us define and reach our objectives.

S

pecific; it is important that we set goals that aid us to **focus our**

efforts' and clearly define what we want. A goal of losing weight does not allow us to focus, however if a goal of losing X amount of weight would be. We need to be able to answer the **What, Why, and How'** to our goals.

Use action words such as direct, lead, develop, and build when creating the what. Stay in the positive and action orientated.

Why is this goal important? What will it allow you to ultimately accomplish? Answering these questions will help define a level of **priority** for our goals and give us motivation to find completion.

How are we going to **accomplish our goals**? By creating a path or even a simple outline to get us started we have already taken the most difficult step in achieving the goal.

M

asurable; the simple fact of being measurable is to be able to **manage**

progression and establish a **concrete criteria for progression**. As we keep with the example above, I want to lose X amount of weight has no measure to it. However, by stating I want to lose X amount of weight by December does.

Using a measurable instance within your goal allows the progression of your goal to become **substantial**. It is something you can see and become excited about thus **increasing motivation** to achieve and reach the goal/s.

A

ttainable; something you can **reach for**. Maintaining our weight loss

goal example, we could state we want to lose 20 lbs by December. However if we are in the final week of November, this goal is not really attainable. Not by maintaining your health anyway. A healthy amount of weight loss is around 2 lbs a week. If the goal of was made in September than it would be more attainable goal.

We want to create goals that we can reach. We need to set the goal to allow us to **work for it**, though it needs to be reachable. As we reach this goal we can set a new goal; 20 more lbs by the following summer. This also allows us to break up

larger goals into smaller more **motivating goals**. A goal of losing 40 lbs seems daunting to most. Though by breaking it into two sections it becomes more attainable, thus we become more **committed to achieving** the goal.

R **ealistic**; goals are important in **motivating and achieving**. A very unrealistic goal may be 'I want a summer cottage on the moon'. Now granted that is a really farfetched goal, yet, considering the moon itself has yet to be inhabited than it becomes completely unrealistic.

Another goal may be that we want to retire in two years with a billion dollars in the bank, and as much as I believe that anything is possible the probability of this happening is not realistic. Now, if it was a million I could deem that as realistic. Though even for a million one would have to be **completely determined** and work extremely hard to achieve.

Setting a realistic goal is not about setting an 'easy' goal. It is about setting a goal that is **available**. Set a goal that **pushes your skills and knowledge** and gives you a true **feeling of accomplishment** when achieved. Now let us say for instance, you have a sweet tooth, and in trying to achieve your goal of losing weight you set another goal of eating one more fruit a day and one less sweet. This takes **strength of will and determination** to achieve each day, and it fits with your overall goal of losing weight.

T **imely**; in a manner of **sooner than later**. In my experience, most people tend to procrastinate. Setting things off until another time and making every effort to create excuses not to do something now. It is important to **set a time-line** and due date so to speak on your goals. As you create your goals and list how you will accomplish them, create a timeline for each smaller part. This will allow you to stay on schedule and to track your progression. Even when your goal may be daunting at first, if you can see and recognize that you are **moving towards your goal**, it becomes more and more of a reality and this **increases** your overall **motivation** to complete the goal.

Key points to remember when creating your goals;

- 1. Know the difference between what you want and what sounds good.** Just because something sounds like a good thing, it may not be for you. Remember, your goals are a reflection of you and who you are. Do not create goals to turn you into someone you are not.
- 2. Create your goals as a positive and not a negative.** When creating your goals state what you want to do, not what you want to

- leave behind. Keep a positive frame of mind and you will feed more positive energy into achieving your goals. For example, instead of creating a goal to move out of your dingy one bedroom apartment, you want to create a goal stating you wish to move into a clean four bedroom two bath three car garage ranch style house in a fun and friendly neighborhood.
- 3. Create one main goal and several smaller goals aimed towards reaching your main goal.** In other words, let us say our goal is to be retired and living on a beach within five years. We have a time limit, it is realistic and attainable. Now we create goals that will help us reach retirement. These smaller goals become our benchmarks, our way of measuring our progression towards our main goal.
 - 4. Do not create opposing goals.** This is very important to understand that we need to take one step at a time. Our main goal will not fall into our laps, we have to work towards it and we need to focus our energies to acquiring this goal. If we created other goals that lead us away from our main goal we take the chance of not reaching any.
 - 5. WRITE THEM DOWN!!** I cannot stress this enough, write down your goals and create an action plan to reaching those goals. If we see these goals day in and day out, it gives us strength and determination to make them happen. Also, make sure the goals have as much detail as possible. As with the example above with the ranch style house, think about what colours you want the walls, inside and out, how you will decorate the house. What the lawn will look like, what cars you will put in the garage. Write down every detail, it helps to visualize and achieve your goals. Your action plan will organize and break down your goal to manageable attainable pieces that will all fit together.
 - 6. Create a Visionboard.** Creating a visionboard is similar to writing your goals down, now however you will find images that represent your goals and post them on a board, or wall for you to see. This visual recognition allows your subconscious brain to 'keep an eye on the prize' so to say. Feel free to visit helpfornutronix.com/visionboard to post your digital images in your own online visionboard. We work together as a team, and you never know if a fellow team-member has the inside scoop on where to find that Yacht you always wanted at a reasonable or discounted price.

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Business!!!

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Remember the first step is to Sign-Up (automaticbuilder.com/littlegett) for your new business at Automaticbuilder.com/littlegett. Become part of the Nu-TeamSuccess.

If you have any questions, concerns, comments or other; email tstdrew@yahoo.com.

Our success is found as a team, we are all here to help each other to succeed. Join the Nu-TeamSuccess today when you sign up for Automatic-Builder. Automaticbuilder.com/littlegett