# 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.

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| **Example** | *It is 14 June 2012 and I have just launched a website for my new business.*  |

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

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| Career/Business |
| Finances and Wealth |
| Friends and Family |
| Fun, Recreation and Entertainment |
| Health and Fitness |
| Love Life |
| Personal/Spiritual Development |
| Physical Environment |

**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?**

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| --- |
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