

seaman CHIROPRACTIC

Smarter Goals Template

This sheet is to be used as a template to be used to help you set achievable goals. It is not the only method, but it is my favourite method. Used with each goal you have. This works with most goal types, i.e. process or outcome goals.

Smarter is an acronym, each letter checks your goals against a different parameter.

- S** Specific. Is your goal specific. It should be very specific. I.e. pay off mortgage/car/credit card debt, paint house, etc.
- M** Measurable, is your goal measurable. How are you going to measure the change you are wanting to create? Did you run further or faster, how much did you invest in shares, how many cms did your waist line change by?
- A** Achievable, can you actually achieve your goal you have set. Perform brain surgery, are you a surgeon? Lose 20 kgs, would that make you less healthy than ideal?
- R** Realistic. Is your goal realistic? Pay off the mortgage by the end of this financial year. If you have a \$300000 mortgage and an income of \$80000, this is not a realistic goal.
- T** Timing, what time frame are you setting to complete your goal by? This links to the previous too letter, your timing must be achievable and realistic.
- ER** This is the expected result of achieving your goal. Pay off mortgage = frees up cash to invest for my family's future, reduces stress, improves quality of life.

This process is about setting goals and striving towards them, you may not achieve them all, however your life will be more productive and satisfying if you are achieving some. I like to set a few easy goals, this generates momentum. A few medium goals, the momentum helps achieve these. And a couple of BHAG's (Big Harry Audacious Goal's), these should stretch you, achieving these gives a bit of euphoria.

Lastly make sure you write them down, you will achieve more if you do.