

# Goal Setting

**Example #1:**

I want to lose weight

How can this goal be improved?

Set one goal today that can be achieved within a week or a month...

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## S.M.A.R.T. Goals

- **Specific:** When your goal is specific it is easier to manage. If you know exactly what it is you are setting out to achieve you will be able to develop specific parameters to measure your progress and make adjustments if necessary.
- **Measurable:** If you can measure it, you can manage it. When your goal is measurable, it is easier to tell how far away from the end line you are. Determine a system to measure your goal.
- **Achievable:** Goals that are achievable mean that you can attain more wins, building up your confidence to achieve larger goals. Furthermore, if you set small sequential goals that lead towards a larger goal, having achievable goals will allow you to note our progress.
- **Realistic:** Self-awareness is important when it comes to setting goals. Understand yourself and your boundaries to set goals that make the most sense for you and how you work. Setting a realistic goal does not mean setting easy goals, however. It means knowing your limits and often setting goals right at the edge so you can push yourself further.
- **Timely:** Setting a timeframe also makes your goal easier to manage and the end line more visible. Some goals are short-term (less than a year) or long-term (more than a year) or may even incorporate both short-term and long-term components. Create a timeline for your goal.