



Supporting women working within and working out
www.coachcharlotte.com
415.596.6535

S. M. A. R. T TRAINING

Actively engaging in the goal setting process is an important key component to overcoming the challenges of training for health and physical fitness. Developing goals contribute to a psychological edge that separates success from pipe dreams and perpetuates a culture of learning and desire.

This amazing science-based guide to success and a flourishing life was developed by Stephen Kraus, Ph.D., a Harvard trained scientist. His approach works particularly well with matters of the body and is a scientifically valid system for personal growth and achievement anyone can use.

Five Step Process

Vision: The science of clarifying what you really want. Develop vision by creating S.M.A.R.T goals that are specific, measurable, attainable and/or action oriented, realistic and/or relevant, and time sensitive.

Strategy: The science of turning lofty ambitions into consistent action.

Belief: The science of minimizing FUD (fear, uncertainty and doubt).

Persistence: The science of drive and determination.

Learning: The science of making course corrections.