

## S.M.A.R.T GOALS

Goals are inherent in any plan to succeed at any one thing. Psychologist Alfred Adler wrote, "We cannot think, feel, will, or act without the perception of a goal." Elite athletes train using goal setting techniques. Research has shown that, when used, goals and goal like concepts result in improved performance for three major reasons:

**A) Goals direct action.** Focused effort can be empowering because it enables people to steer their lives in the direction of their choosing.

**B) Motivation.** Goals make you stretch and push with greater effort and persistence. Being mindful of where you are now and where you want to be creates motivation to close the gap.

**C) Strategy refinement.** Goals accelerate and intensify the broader process of using strategies and changing strategies when appropriate.

### Goal Setting Guidelines

State your goal in positive terms as if it as already been accomplished.

- 1) Make your goal challenging and **specific**.
- 2) State your goal in **measurable** terms. (quantity, quality, duration, etc.)
- 3) Make your goal **attainable and action oriented**. Be at least 70% sure you can accomplish the goal you set by doing it.
- 4) Make your goal **realistic**.
- 5) Every goal should have a **time** limit.

**Example: I will lose 10% of my body weight or 8 pounds in six weeks.**

**Example: Within six weeks I fit into jeans I wore two years ago without tightness around the waistline, hips, and thighs.**

These are **S.M.A.R.T** goals. Smart goals are specific, measurable, attainable/action oriented, realistic, and timely. Are you ready to be successful?

If you need help with your goal or if you'd like to make an appointment for your free 30 minute coaching session, please call or email Coach Charlotte!

Give your best to be your best!