

### SMART GOALS

- S** Specific    **M** Measurable    **A** Attainable    **R** Relevant    **T** Time Bound

#### STEP ONE : VISUALIZE

Give yourself PERMISSION to dream big, without self-editing or self-judgment.

##### ASK YOURSELF THE FOLLOWING:

- What is it that you've always wanted to do?
- What is something that you are interested in or passionate about that you've never dared pursue?
- What would you do if nothing stood in your way?
- What excites you or motivates you or gets you excited to jump out of bed in the morning?
- What did you dream about doing before life got in the way?
- Where would you like to see yourself in five years or ten years from now?
- What would be the ultimate dream life for you? What does that look like?

#### STEP THREE: COMMIT

Write it Down, SAY IT Out Loud & Make it Real

##### ASK YOURSELF THE FOLLOWING:

- What will it take you to commit to your goal?
- Do you need to tell someone?
- Multiple someones?
- Do you need to post it on Facebook or write it on your bathroom mirror?
- Do you need to make an investment of time or money?
- What will make it real for YOU?

#### STEP TWO: FOCUS

Narrow down your options to the ONE thing you want to make a reality.

##### ASK YOURSELF THE FOLLOWING:

- Why does this idea excite me, or why is this goal important to me?
- What is it in particular about this idea that excites me?
- Do I feel a flutter in my belly or a tightening in my chest when I think about this goal or idea? Does it scare me? Why or why not?
- On a scale of 1-10, with one being not that excited and ten being so excited I can hardly breathe, how excited am I about this goal or idea?
- Keep in mind that it is important not to rush this process.

#### STEP FOUR: EXECUTE

You'll need to rearrange your schedule and put your big goal FIRST every single day, and to start doing whatever it takes to make your big goal a reality.

It might mean getting up a half-hour earlier every day, or an hour or two hours earlier, if that what it takes. It could mean taking a class or going back to school or looking for another job or taking some other kind of risk.

It should definitely mean blocking out time each week—and maybe even every day—to get yourself one step closer to the finish line.