BE S.M.A.R.T.

Using Micro-Goaling to Achieve your New Years Resolution.

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Some reasons why we fail NYR?

Forbes Leadership

It's your consciousness that needs to change before your behavior can change..

You don't have an accountability structure to help you sustain change.

You are ACTUALLY scared of, and completely resistant to achieving this big goal and you won't let yourself.

- Feeling Fundamentally Flawed
  - Imposter Syndrome

- Disloyalty & Abandonment (ie. Feeling guilty leaving an employer, because you feel loyal to them)

  - A belief that more success brings a bigger burden; Fear of outshining

S M A R T

S — Be thoughtful and **specific** about what you want to focus on.

M — Pick a goal that is **measurable** so you can continually monitor your progress.

A — Set yourself up for success by choosing something that is **achievable**.

R — Be **realistic** when choosing your goal. Think about how it will affect your day-to-day life.

T — Be aggressive and realistic when setting your end **time** or date. Knowing there's an end in sight will help you focus and push yourself.
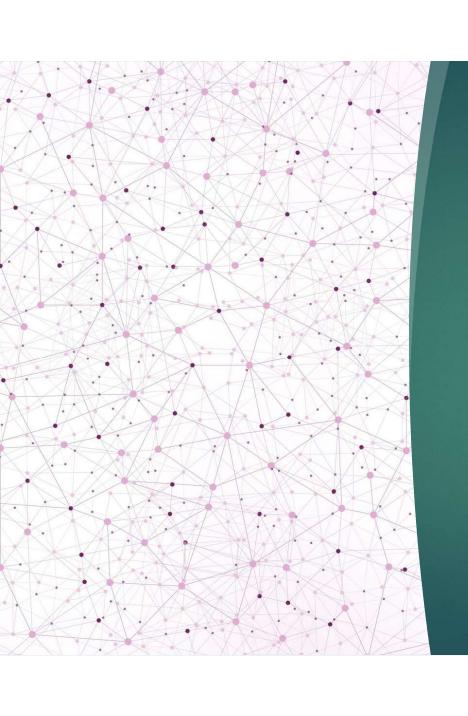
SPECIFIC

- ▶ **WHAT do I want to accomplish?**
- ▶ **WHY is this goal important?**
- ▶ **WHO is involved?**
- ▶ **WHERE is it located?**
- ▶ **WHICH resources or limited are involved?**

MEASUREABLE

Important to track progress

- ▶ **HOW much?**
- ▶ **HOW many?**
- ▶ **HOW will I know when it's been accomplished.**
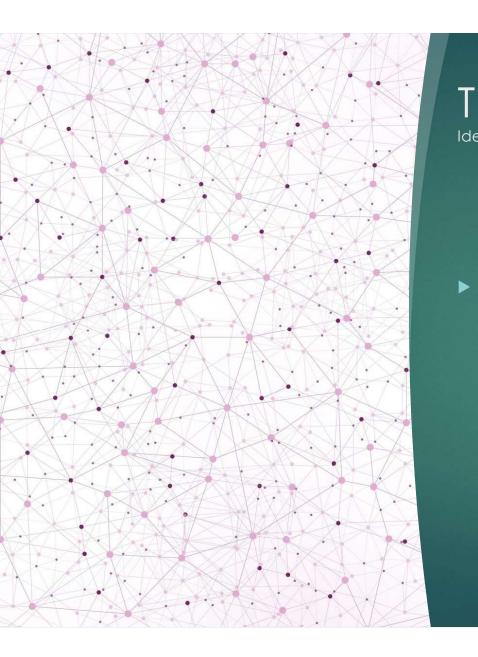
ACHIEVABLE

Are the goals realistically achievable

- ▶ **HOW can I accomplish this goal?**
- ▶ **HOW realistic is the goal, based on other constraints, such as financial factors, time, resources, etc.**

RELEVANT

Ensures the goals are relevant to you.

▶ **A relevant goal can answer "YES" to these questions:**

  ▶ Does this seem worthwhile?

  ▶ Is this the right time?

  ▶ Does this match our other efforts/needs?

  ▶ Am I the right person to reach this goal?

  ▶ Is it applicable in the current socio-economic environment?

TIMING (TIME-BOUND)

Identifies target dates and helps to focus on deadlines

- **A time-bound goal will usually answer these questions:**
  - **When?**
  - **What can I do six months from now?**
  - **What can I do six weeks from now?**
  - **What can I do today?**

S M A R T

S	M	A	R	T
What do you want to achieve this week/month/year?	How will you be able to measure progress during and/or after?	Is this attainable this week?	Is it realistic?	When do you want to accomplish this?
Explain exactly what you want to accomplish.				

Lose Weight	Actually running 3 miles without resting	No	Yes, but I know I need to build stamina over time.	July 4th, 2024.
I want to be able to run 3 miles without resting by the summer.				

NAME	GOAL	FINISH BY

- I, _name_, will _goal_ by _date_.

- We, *names*, will *goal* by *date*.