



WHAT IS A GOAL AND HOW CAN YOU BE **SMART** ABOUT IT?

When thinking about setting a goal, the concept seems pretty simple.....Right??? I guess my question is, if this is true, and conceptually it is, why do we struggle to hit the target!!!

This week I want to share with you simple formulae that might help you to put the steps in place.

Introducing....S.M.A.R.T Goals – Actually, I prefer, S.M.A.A.A.R.T Goals!

So what does it stand for Jen...? Glad you asked!!

S – SPECIFIC – A goal should be specific and positive. To say I'd like to lose some weight is not specific or positive. A better way to put it would be to say On [Date] I will have reached my goal weight of [No.] Kg's. Now, **WRITE IT DOWN**. Commit your goal to paper otherwise my friends it is not a goal, it is a wish. And we all know that wishes belong in fairytales!

M – MEASURABLE – A Goal should be measurable. Using the above goal, you might decide that you will lose 1 kg per week. To measure this, you may decide to use the same scale and weigh yourself only once per week on [nominated day and time]. Beside your written goal, draw a spreadsheet to record your progress each week.

A – ATTAINABLE – Be realistic! Make sure your goal is doable in terms of your resources and surroundings. Goal setting is a means for personal growth so be reasonable and don't set yourself up for failure.

A – ACTION – Take ownership of your goal, speak of it often as if it has already happened.

A – ACCOUNTABLE – The best way to keep yourself accountable is to tell as many people as you can about your goal, especially family and friends. You will be surprised how supportive people can be when they know what you are going for!!!

R – RESULTS-ORIENTED OR REWARD – Decide on a reward for achieving your goal. I am a big believer in the baby-steps system, so my suggestion would be (in this case study), a small reward (not food!!) each week a kilo is lost and a major reward for achieving your goal weight (notice I said that as if it has already happened!!!!)

T – TIME – Set a realistic time frame. For example if your goal weight represented losing 10 kgs, to say you will achieve this in a week is unrealistic! Let's think about it..... Based on our goal in this example of 1kg per week, that would be 10 weeks. Sounds simple enough.....right?? May I suggest factoring 'life' into your time estimate..... As the old saying goes, expect the unexpected!!! So, factor in some extra time for possible setbacks. Let's say 12 weeks. Now you are probably thinking, 'that's not very positive Jen'..... Maybe not, but it is **REALISTIC!!!!** A setback does not mean it's all over Red Rover!!!! Factor in such possibilities and they won't come as a shock if they happen. You have planned for them and by doing so, will take them in your stride and continue on to the Winners Podium!!!

Though it is not known with certainty who 'invented' the term "SMART goals", it is known that "SMART Goals", with one A, which stood for Achievable, (not the three A's I have used!), is believed to have been first coined by Peter Drucker in 1954. Since then, SMART goals have become as popular as Kleenex™, and you know what that means: they work!! So I am giving Peter Drucker the credit for this method. 'Triple A' rating from me!!



Goal Power **S.M.A.A.A.R.T** Goal Worksheet

It is impossible to go after what you want if you don't know what that is? Often we know best, what we don't want, but not what we do want. Using the S.M.A.A.A.R.T Formulae guide, you can now work through the following questions. So, let's begin.

What do you want achieve: _____

Why is this important now: _____

OK, now let's break it down!

SPECIFIC: (make it specific and positive) _____

MEASURABLE: (how will you measure it) _____

ATTAINABLE: (are you being realistic) _____

ACTION: (write down 3 things you can do in the next three days) _____

ACCOUNTABLE: (who are you going to tell – not a family member or BF) _____

RESULTS: (how will you reward your results along the way) _____

TIME: (make the time frame realistic) _____

CONGRATULATIONS!! YOU ARE ON YOUR WAY TO KICKING A GOAL!!