



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

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

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

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

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.

S.M.A.R.T. Goals

Make your own:

- Read through the S.M.A.R.T. goal descriptions on slide 1 and then take some time to come up with your own on slide 3.
- Fill in the blanks to create your personal proclamations, print them, and post them somewhere away from clutter. Choose an inspiring place in your home or office that you see every day.
- To create goals as a family, use slides 3, 5, 7, and 8.





What do you want to achieve this week?

Explain exactly what you want to accomplish.

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?

I, *name*, will *goal* by *date*.



I, _____, will _____ by _____.



We, names, will goal by date.



We, _____, will _____ by _____.



NAME

GOAL

FINISH BY

--	--	--