SMART Goals



Purpose of Goals

- Goals help you focus your energy
- Give you a sense of control over your life
- Help you measure progress

- Help you form plans
- Give you a feeling of accomplishment
- Increase motivation

It's a brain thing...



It's a simple fact: when people have goals to guide them, they are happier and achieve more than they would without having them.

Achieving a goal you've set produces dopamine (neurotransmitter responsible for feelings of pleasure).

Reciprocally, dopamine activates neural circuitry that makes you *eager* to pursue new challenges.

SMART Goals

Dreams are just the beginning. Dreams are the starting point of your path to success. Making your dreams into a reality requires setting SMART goals.

S = specific

Goals should be *clear* and *specific*. WHAT are you going to do? WHY is this important to you? HOW are you going to do it?

M = measurable

Vague goals are less effective than specific, measurable goals because they do not provide focus. Set goals in such a way that you can be absolutely sure it has been achieved.

A = attainable

Setting goals that are too far out of your reach may set the stage for failure. A goal should stretch you slightly so you feel you can achieve it.



R = realistic

Realistic = "do-able." Devise a plan or a way of getting there and set goals that you can attain with some effort. Do you have the skills to achieve the goal?

T = time-based

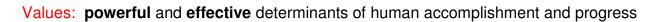
Set a time frame for the goal. Putting an end point on your goal gives you a clear target to work toward. Time must be measurable, attainable, and realistic.

Simple Tips

10 simple, tried-and-true ways to achieve your goals:

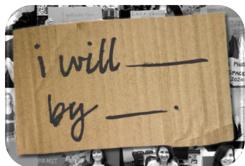
- 1. Put your goals in writing
- 2. Make a list of obstacles
- 3. List the benefits of achieving your goal
- 4. Identify sub-goals
- 5. Learn what you need to learn
- 6. Enlist the help of others
- 7. Visualize yourself having achieved your goals
- 8. Get organized
- 9. Reward yourself each step of the way

Value-centered Goals



Why is it important to establish value-centered goals?

- 1. While goals may change, values are more anchoring and consistent
- 2. Values help you to differentiate the important from the unimportant
- 3. Values drive our lives in a positive direction and move us forward
- 4. Values provide a personal reference for what is useful, beneficial, and desirable







Creating Value-centered Goals

- 1. Write a short list of beliefs and principles that have shaped your life thus far
- 2. What beliefs and ideals currently motivated and drive your life today?
- 3. What are your strongest values and principles?
- 4. List some of your current goals (home, work, family, health, spiritual)
- 5. Divide your goals into urgent/not urgent
- 6. Divide the two urgent/not urgent lists in to important/not important lists

Create a Vision Board

Vision board: collage of images, pictures, and affirmations of your dreams and desires

- 1) Decide on the main theme of your board: specific goal or general idea that makes you happy
- 2) Find pictures that correspond with your theme (magazines, photographs, Internet)
- 3) Print (if necessary) or cut out your pictures
- 4) Type/write some affirmations that correspond with your theme
- 5) Glue to a poster board or pin on a cork board
- 6) Hang your vision board in a place you will see every day
- 7) View your board at least 1X/day



Focus on the **why**, **how**, **when**, and **where** you will make it happen. The "what" (i.e., vision) is the first step, not the only step!

Resources: www.psychologytoday.com, www.goal-setting-guide.com, www.wikihow.com

