

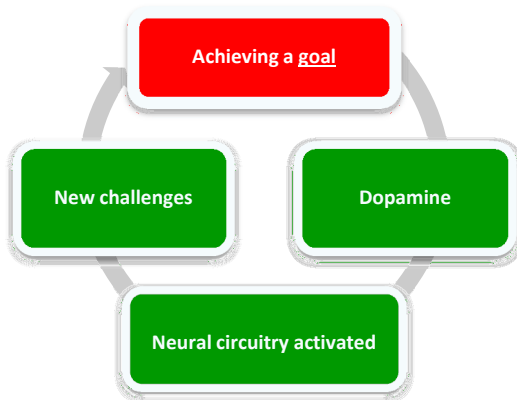
SMART Goals



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?

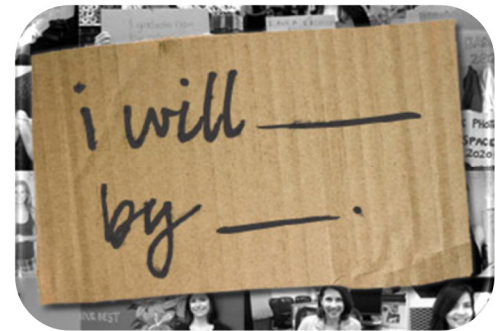
T = time-based

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

Values: **powerful** and **effective** determinants of human accomplishment and progress

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

