



SMART GOALS

A- What is the acceptable minimum action towards this goal?

I- What is the ideal?

M- What is the middle; a realistic stretch?

S- specific first step (strategy) towards making that goal happen

M- is the "specific first step success measurable

A- is it achievable

R- how reasonable is it that what you're saying you're going to do can be done (on time)

T- time oriented, by when exactly will you complete this first step of goal (not entire goal)

Example for someone who would like to lose weight with exercise and diet

A-to exercise at least 2x a week / to eat a maximum of 1,800 calories a day

I- to exercise 4x a week / to eat a maximum 1,600 calories a day

M- to exercise 3x a week / to eat a maximum of 1,700 calories a day

S-to schedule it on my calendar to avoid any excuses / keep a calculated food diary

M- yes

A- yes

R- very

T- tomorrow

Example for someone who is interested in building their profession/career by developing a website

A-to explore other people's website in similar profession to start getting ideas

I- to actually begin to developing a website

M-to explore other people's website in similar profession to start getting ideas and to determine what format (customized or templates) will be for me.

S-to take 40 minutes everyday for the next week to devote to developing a website

M-yes

A-yes

R-very

T-today, I will schedule 40 minutes into my day allocated to website development