

S.M.A.R.T. Goals

Specific, Measurable, Achievable, Realistic, and Time dated

The development of personal goals allows you to look within yourself and to determine where you want to be at a certain point in your life. The goals can be short-term or long-term, but should be S.M.A.R.T.

To enhance your goals, center daily and envision the process and your achievements. Use the workshop process. Visualize each goal as if it is already achieved.. Give your visualization a lot of detail . . . exaggerate your visualization . . . be specific.

PHYSICAL: A goal to improve your health and wellness, environment, appearance, energy, diet, fitness, calmness, or just pamper yourself.(i.e. "I will get a massage once a month. I will take a 20 minute walk on my lunch break three times a week. I will lose 10 pounds in the next 60 days.")

Date(s) of completion:

EMOTIONAL: A goal to improve a relationship and/or a goal to manage my emotional self. (i.e. "I will have a heart-to-heart conversation with a co-worker once a month. I will center at the beginning of each day to reduce stress. I will have a "date" with my significant other once a week.")

Date(s) of completion:

Mental: A goal to improve knowledge, career, prosperity, or fun. (i.e. "I will register for a class I have wanted to take in the next month. I will read a book about a subject I am interested in within the next two weeks. I will listen to a self-help tape in the next three weeks.")

Date(s) of completion:

Spiritual: A goal to share your gift(s) . . . to make a difference . . . to be of service to others. (i.e. "I will volunteer to do community service work within the next month. I will work in a day care or nursing care facility once a month beginning next month.")

Date(s) of completion:

Intentions and Results are always the same!

Make room for life circumstances, anticipate self-sabotage, and get feedback from others. Ask for help.