

# Smart-ER Goals

We are going up to level your goals! We are not aiming for SMART goals, we're going to make SMART-ER goals! Let's quickly recap the SMART Part.

- S:** Your goal needs to be specific: I will walk five days a week. Or I'll drink water instead of soda every day this week. I'll take lunch to work instead of eating out four times this week.
- M:** They must be measurable: I walked 30 minutes for each of those five days. It could also be 45 minutes. Whatever it might be, you can measure how long you did it and how often.
- A:** Any goal needs to be attainable. If you haven't run around the block yet, you certainly can't sign up for a marathon. How can you attain that? You probably could go down the road, but right now, it's out of the question. It's out of your boundary.
- R:** Your goal needs to be realistic. Again, if you haven't run around the block, how can you run 26.2 miles? When you're setting these goals, be realistic. Sometimes it's best to make them simple. Make them really super-duper simple, so you can attain them. When you attain those goals, you feel good, and you can move to the next one.
- T:** And your goal needs to be time bound. You need to know exactly how long you'll do these exercises. How long will it take you to do this? Will you do this for a week, a month, a year? Those are things time bound is important; otherwise, you never know if you've actually accomplished it. You might know where you started, but if you don't know where the finish line is, you'll never make it there.

I'm sure that you have created SMART Goals a million times and maybe you achieved them. Maybe you got about halfway there and gave up. I think I know why. Something is missing...

- E:** Exciting - your goal has to be compelling! It can't be something that is so incremental or something that someone else wants you to do. It has to be something that is exciting to you personally
- R:** Relevant - your goals have to be relevant to where you are in your life. You can't measure your place by looking at someone else. Be honest with what is relevant to your season of life. Sometimes we can be so idealistic that we get the all or nothing mentality, and too often end up doing nothing. Is your goal going to be relevant or do you need to choose something less ambitious right now?

# Smart-ER Goals

It's time level your goals! We are not aiming for SMART goals, we're going to make SMART-ER goals!

S: Specific	
M: Measurable	
A: Achievable	
R: Realistic	
T: Time Frame	
E: EXCITING	
R: RELEVANT	

If time, money, education, age, circumstances were not a consideration what would you be, do, have, experience, create

---

---

---

---

---

---

---

---