



2020 Vision's S.M.A.R.T Goal Setting

Top New Year's Resolutions

1. Exercise more
2. Lose weight
3. Get Organized
4. Learn a new skill/hobby
5. Live life to it's fullest
6. Save money/ Spend less
7. Quit smoking

S . M . A . R . T

S:

Specific

M:

Measurable

A:

Attainable

R:

Relevant

T:

Time-Bound

OTHER HELPFUL

TIP :

It is ok to reevaluate.

Does this goal still matter? Do you need more time to achieve it?

Keep it simple:

Limit yourself to a few big goals at a time. Having too many goals can lead to partial effort going to several things rather than full effort to a couple things.

WHAT IS A SMART GOAL?

Smart goals are designed to increase the probability that those big goals you have for 2020 are met.

According to the U.S News and World Report 80 percent of new years resolutions fail or are given up on by February. There are four main reasons why these goals fail according to Psychology Today. Number one is goals are not clear.

The second reason is you get too overwhelmed by outside pressure, not knowing where to start and the time it will take to reach your goal. Thirdly, people get discouraged when they do not see results soon enough. Lastly, some people want to change but simply are not ready to make the change.

SETTING SMART GOALS :

S: Specific

- Goal should be focused and identify a tangible outcome and how you will reach it.
- The goal should not be vague ex. "I want to lose weight."

M: Measurable

- Clear definition of success, progress and achievements.
- Answers the questions: How much? How many? How often?

A: Attainable

- A goal should be challenging but possible.
- This step will identify the steps and barriers. Create a plan of how you will overcome them.

R: Relevant

- Get real with yourself...does this goal matter? Is it a priority?
- Think about if this is worth the time and sacrifices it will take to achieve it.

T: Time Bound

- Every goal needs to be a daily, a weekly or have a target date. When do you want to achieve/complete it by? Or do you want to change a daily/ weekly habit?

Let's walk through setting a S.M.A.R.T goal together. Since exercise more/be healthier is one of the top resolutions/goals every year we will start with that one. Step one, be more specific. I want to workout 3 times a week for at least 45 minutes each time. Step two, can you measure this? Yes, by counting times worked out and length of workouts. Step three, is this attainable? Do you have 45 minutes 3 times a week to fit this in? Do you need to start with 30 minutes? Next, step four, is this goal relevant? Do you need to workout more, are you having health issues, do you want to look or feel better? Lastly, what is the time frame? This goal would be a weekly goal, at the end of every week you can evaluate if you met your goal.

<p>INITIAL GOAL</p>	<p>Write the goal you have in mind</p>
<p>S SPECIFIC</p>	<p>What do you want to accomplish? Who needs to be included?</p>
<p>M MEASURABLE</p>	<p>How can you measure progress and success? Is it a daily/weekly/monthly goal (ex. Something you want to start doing every day, week or month)?</p>
<p>A ACHIEVABLE</p>	<p>Do you have the skills required to achieve the goal? If not, can you obtain them? What are possible barriers and how will you overcome them?</p>
<p>R RELEVANT</p>	<p>Why am I setting this goal? Is it aligned with overall objectives? Is the amount of effort required worth the goal? Why is this important?</p>
<p>T TIME-BOUND</p>	<p>What's the deadline and is it realistic?</p>
<p>SMART GOAL</p>	<p>Rewrite your S.M.A.R.T goal!</p>