

SMART Goals step by step

Check lists to get you started

The Haven Project

Scoring goals.....in the net!!

Remember the quote... 'True life is lived when tiny changes occur' Leo Tolstoy

Tiny changes often have huge impacts.....you have been exploring your strengths, your abilities, skills that you hold and some exercises that may have been painful but have helped you to look at things that you need in your life.....remember that FEELGOOD SYSTEM.... you need to nurture it.....take care of it. It belongs to you and you have a responsibility to take care of it...be kind to yourself.

To make changes, you have to plan changes and this happens by examining in small steps....this is GOAL setting and Action planning.

All GOALS MUST BE S.M.A.R.T. in a business world which can easily be transferred to a personal world.

S specific

M measurable

A achievable

R realistic

T timely

Specific - In that it relates to you. They are personal and precise to you and only you.

Measurable - In that you will be able to see the difference by way of evidence to show that it has happened.

Achievable - In that you will work within your limitations and believe that you can attain them. Identifying goals that you might not be able to achieve will only cause disappointment and starve your FEELGOOD SYSTEM.

Realistic - In that you will approach with a sense of realism, that they are within your capabilities and within reach....no point in wanting to be a Mathematician if you are not interested in Maths or do not have a flair for maths.

Timely - All action planning and goal setting has a timeframe for you to work towards....procrastination is your enemy!! Think about when you want to complete the goal or certain parts of the goal.

TIP:

Small is the new BIG!!! Small steps create small manageable changes that mean BIG results which in turn have a BIG impact on your life.....dip your toe in it!

Goals can be long term and short term... some need action planning, shorter term ones may not and you may get instant satisfaction with simply a 'to do' list!!.

Go on ...give it a try...make a start...

THINGS TO DO LIST.....

(MAKE A START ON THINGS I REALLY MUST DO THAT I HAVE BEEN PUTTING OFF THE LAST FEW DAYS)

GOAL LIST.....

(LIST A SELECTION OF GOALS YOU WOULD CONSIDER FLIRTING WITH....EVERYONE HAS DREAMS)

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