

SMARTER Goals

Adapted from:
PositivePsychology.com

<i>Specific</i>	Goals should be clear and concise.
<i>Measurable</i>	What does success look like? How is it measured?
<i>Achievable</i>	The goal or task must be challenging but possible.
<i>Relevant</i>	Does the goal fit with your overall life goals and core values?
<i>Time-bound</i>	When will you finish?
<i>Exciting</i>	What excites you? The benefits should be worthwhile to maintain commitment.
<i>Reviewable</i>	Circumstances change. Revisit the goals, and revise them if needed.

S - This part of your goal will answer the "What, Why, and How?" of the goal. Ensure goal is an approach vs an avoidance.

M - Short term goal set to know when the goal has been attained.

A - Ensure that the goal is hopeful and attainable.



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R - Ensure that the goal is within reach given current skills, resources, and time.

T - Ensure enough time to achieve the goal. Set smaller goals within the larger goal.

+ Accountability - How will you be held accountable for this goal?



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Micromovements To Achieving Goals

What is my first step I'm willing to take toward my goal?

What am I willing to notice about what is going well? Where will I keep track of what I'm noticing?

What experiments am I willing to try?

Who will be my accountability buddy?