

5 Steps to Setting SMART Goals



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Specific

It helps if you can picture it clearly. Include as many details as humanly possible. Ideally, this would answer the following questions:

- Who: Who is involved?
- What: What do I want to accomplish
- Where: Identify a location
- When: A deadline is set later in the method, but this “when” is more about when you will devote time to this endeavor or work on this goal. What time will be devoted to it so that you can meet the deadline.
- Why: Give the reason why so that when you review this goal, the reasoning is always in your head in case you question your purpose.
- How: What resources are you going to use that have not been mentioned already—maybe supplies or courses you need to take.

Measurable

It helps if there’s an objective, defined point. Make sure there is a clear definition of success in measurable terms: how much? How many? How will you know when you’ve completed your goal?

Attainable / Achievable

This is the “reality check”. Is it legal? Is it possible given your current resources? Are you committed to this at the level necessary to complete this task? Are you willing AND able to do the work necessary?

Relevant

Is this something that is truly YOUR heart’s desire? Is it something that contributes meaningfully to your life or business?

Time-bound

In short, this is a deadline. It shouldn’t be set so aggressively that you have little hope of meeting it, but it also shouldn’t be set so far out that you’re not motivated to get working on it right now

These are just suggestions to help you get to the heart of your health and wellness challenges. If your issue is resolved using these tips... GREAT! Sometimes, the picture is more complicated. If you need additional assistance, let's talk.