

# S.M.A.R.T. GOALS

## THE 'ACT' WAY OF SETTING ACHIEVABLE GOALS

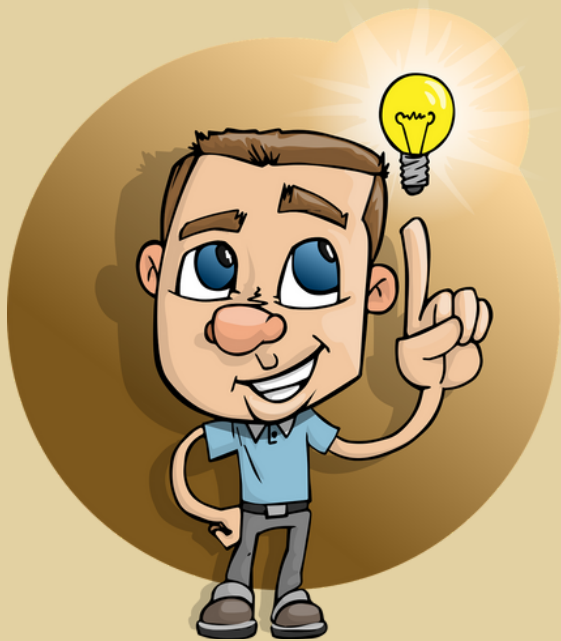
- Start by choosing JUST ONE life domain to focus on (ie. work, health, relationships, spirituality, family, etc)
- Choose 1 or 2 VALUES that you want to bring into play in this life domain - these will help motivate & inspire the actions you take to pursue the goals



### M = MOTIVATED BY VALUES

**Double check that this goal is aligned with the values you chose above.**

Remember the difference between VALUES & GOALS. VALUES are here & now - *how* you want to live *now*. GOALS are in the future, something you would like to achieve. For example: VALUE = being loving vs. GOAL = getting married



### R = REALISTIC

**Check that you have the necessary resources to make it happen**

Some of the necessary resources might include: money, time, knowledge, social support, skill set, physical well-being, etc. If an essential resource is missing, you might need to create a new goal to fill in missing resource before moving to this goal.



### S = SPECIFIC

**Be super focused & specific**

Avoid setting vague or poorly defined goals like: "I will be a more loving parent". Instead, be specific: "I will give each child a warm, loving hug when I return home from work". What specific psychological or physical actions will you take?



### A = ADAPTIVE

**Make sure it is a wise choice**

Is this a wise goal for you to pursue? If you achieve this goal, will it improve your quality of life in some way? Will you feel it was worth the effort after accomplishing this goal?



### T = TIME-FRAMED

**Specify a time frame to accomplish your goal**

As accurately as possible, set a day, date, and time as a deadline - that you will take the proposed actions. This obviously has to be a realistic time-frame for it to work.