



http://www.LifeResults.org/SMART_GOALS.pdf

S.M.A.R.T. Goals

SPECIFIC – MEASURABLE – ACHIEVABLE – REALISTIC – TIME-TARGETED

Name _____ Date Goals are set _____

Do your goals EXCITE you? How IMPORTANT are they? What is the PURPOSE of your goals?

To achieve your goals, CENTER daily to develop your expertise. Use the rainbow/workshop process every morning (as soon as you wake) and evening (one hour before going to sleep is best). Visualize each goal as if it is **already achieved**. Create the feeling of success. Give your visualization as much detail as you can. Exaggerate your visualization.

When setting goals, BE SPECIFIC. Set only FOUR goals, one per category. Reset a new goal when you complete a goal.

PHYSICAL: A goal to improve your health and wellness, environment, appearance, energy, diet, fitness, or to just pamper yourself. (e.g. "I will get a massage", or "I will take a 20-minute walk on my lunch hour".)

Long Term Vision (optional) _____

Short Term Goal _____ Due Date _____

EMOTIONAL: A goal to improve a relationship and/or a goal to manage my emotional self. (e.g. "I will invite a co-worker to have a heart-to-heart conversation", or "I will invite my spouse/partner on a date".)

Long Term Vision (optional) _____

Short Term Goal _____ Due Date _____

MENTAL: A goal to improve knowledge, career, prosperity, or fun. (e.g. "I will register for a class", or "I will read 3 chapters of a [specific] book within the next two weeks".)

Long Term Vision (optional) _____

Short Term Goal _____ Due Date _____

SPIRITUAL/SERVICE: A goal to share your gifts, to make a difference, or to be of service to others – BUILDS HEAVY OIL. (e.g. "I will volunteer to use my gifts for the service of others" or "I will donate time/services to a charity" – be specific, of course)

Long Term Vision (optional) _____

Short Term Goal _____ Due Date _____

Examples of effective goals in each category:

Physical

Get a physical exam
Start exercising
Get a manicure or facial
Go to the dentist
Get a massage
Join a gym
Join an exercise class
Go for a long walk

Emotional

Set up a family outing
Invite someone on a date
Phone an old friend
One-on-One with spouse
Invite parent(s) to lunch
Plan a getaway weekend
Ask S.O. to intimate dinner
Write a letter / card

Mental

Start a project
Read a book
Finish a project
Save some money
Sell/buy something
Go to church
Clean your garage
Paint something

Spiritual/Service

Share your Core experience
Make a donation (to LifeResults?)
Plant trees
Give blood
Volunteer your time
Clean a closet for Goodwill
Read to a shut-in
Visit a nursing home



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S.M.A.R.T. Goals Tracking

SPECIFIC – MEASURABLE – ACHIEVABLE – REALISTIC – TIME-TARGETED

Name _____

Date Goals are set _____

Physical

Long -Term Vision (optional): _____

Emotional

Long –Term Vision (optional): _____

Short-Term Physical Smart Goal

Date

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Short-Term Emotional Smart Goal

Date

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Mental

Long -Term Vision (optional): _____

Spiritual

Long –Term Vision (optional): _____

Short-Term Mental Smart Goal

Date

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Short-Term Spiritual Smart Goal

Date

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CELEBRATE! And then reset a new goal when you complete a goal – always have four active goals to maintain balance.