



GOAL SHEET

CONGRATULATIONS! You took a huge first step. Contact me at pam@bestversionyou.com to get your personalized goals and work plan developed. I look forward to hearing from you!

We would document your goals and follow up accordingly after you completed your own SMARTER goals.

Name:

Date

GOALS for Coaching Program:

- 1.
- 2.
- 3.
- 4.
- 5.

2 week progress:

30 day progress:

60 day progress:

90 day progress:

120 day progress:

180 day progress:

SMARTER Goal Setting

On the next page, you'll dive deeper into SMARTER goal setting. Before we do, let's go over each letter.

S- Specific.

It is important to be as specific as possible when it comes to writing out your goal. Don't use emotional words, like 'good' or 'better;' define your metric. For instance, if your goal is I want to drink more water, it's not specific enough. How much water do you want to drink? How much is more? Instead, write, 'I will drink 75 ounces of water a day' or 'I will drink 3 water bottles each day.'

M- Measurable

Think of using a map. If you don't know where you are on the map, you won't know when, or even how, to reach your destination. You may have to do some research here, like tracking how much water you're drinking now, so you can form a more accurate measurement.

A- Attainable

Is your goal attainable? This isn't the time to be chicken, this is the time to challenge yourself. Your goal should stretch you, because you want to be a different person when you achieve it. Your goal, however, should not be so difficult as to be nearly impossible to achieve.

R - Reasonable

Let's do the rocket test. Is getting a rocket off the ground reasonable? Sure, for Jeff Bezos and Elon Musk, but not the average person. A bottle rocket or model rocket would be reasonable for the average person. Your goal should be able to be reasonably achieved in the time frame you've set - especially if you work at it every day.

T- Timely

Give yourself a time frame and a deadline. Mark it on the calendar. Check off each task you complete. Make an X on each day on the calendar. Give yourself a sense of time and urgency with your goal.

E- Energy & Effort

Evaluate how much energy and effort you have available to put towards your goal on a weekly basis. Give yourself grace when you truly don't have the time available - like a major deadline or event at work you have to make a priority. But also, make sure you compensate for these times when you can, by say, taking an extra hour off the following Friday to devote to your goal.

R- Resources

What resources do you currently have, and what resources do you need to access, in order to achieve your goal? Remember, the goal of your goal is GROWTH.

Make as many copies of the next page as you'd like. You can set one SMARTER goal to work on, or tackle all 8; whatever you can sustain.

My goal is:

S
SPECIFIC

What do I specifically want to achieve, and what is my deep why?

M
MEASUREABLE

How will I know when I have achieved my goal?

A
ATTAINABLE

Is the goal realistic and how will I accomplish it?

R
RELEVANT

Why is my goal important to me?

T
TIMELY

What is my deadline for this goal?

E
ENERGY

How much energy and effort do I need to put towards this goal daily?

R
RESOURCE

What additional resources do I need to accomplish this goal?