

# My SMART Goals

Goal Brainstorming

Specific

Measurable

Actionable

Realistic

Time-Limited

My New Goal:

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# My SMART Goals

Thank you for downloading My SMART Goals from <http://sagegrayson.com>. This bucket list worksheet will help you define your aspirations into doable goals so you'll actually finish your bucket list before . . . well, you know.

## Instructions

- Define your goal using the SMART goal-setting components.
- **Specific:** Your goal has to be specific. None of this "I want to get healthy" or "I want to travel more." Nail it down; the more specific the better. Try "I want to lose 30 pounds of fat" or "I want to spend a week in Rome."
- **Measurable:** If your goal's not measurable, how will you know if you've completed it? Take for instance, "I want to have a successful business." How will you know if your business is successful? Is it when you make \$100,000? A million dollars? Decide what measurable benchmark you're trying to reach that means you've achieved this objective.
- **Actionable:** Your goal must be actionable, meaning that you can take action to make it come true. It can't be dependent on other people's choices. Figure out the steps you need to take to get to your goal. If you're trying to lose weight, an actionable step might be to run for 30 minutes every morning.
- **Realistic:** Your goal must be realistic or else you won't accomplish it (and then you'll feel crappy about it). If you want to reconnect with an old friend, but she wants nothing to do with you, then that's not a realistic goal. This doesn't mean that your goal can't be ambitious. Trying to lose 30 pounds in 3 months is ambitious, but it is realistic if you put in the work.
- **Time-Limited:** This might be the hardest step in SMART goal setting, but it's also the most important. If you want to achieve your goal, you **MUST** put a deadline on it. Choose an end date when you want to complete your goal, and then work backwards to plan the actionable steps to get you there. If you want to run a marathon in 6 months, plan your training routine now so you'll be ready when race day arrives.



## Who's Sage?

Hey there! I'm Sage Grayson, a former book editor turned life coach. I help ambitious career women edit their habits, routines, and mindsets to balance their happiness at work and home. I'm a Life Editor . . . and so are you!

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