

MAKE YOUR SMART GOALS SMART-ER GOALS

Consider the following templates and how you can translate your goals into SMART goals and then make those SMART goals SMART-ER.

SMART Goals					
Goal No.	What is SPECIFIC about YOUR goal? Use as many words as you wish.	How will YOU measure it rationally? How ATTRACTIVE is this for YOU? Are you passionate about this goal? Score on a scale of 1 - 10		Is this REALISTIC to YOU? State as a %	TIMING: When will YOU start & when will YOU finish? eg: 1/8/2019 - 20/12/2019
		HEAD	HEART		
1.					
2.					
3.					

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SMART-ER Goals

Goal No.	<ul style="list-style-type: none"> • I constantly EVALUATE my goals. • I know how well I am EXECUTING my commitments. • I am EFFECTIVE with my goal management. • I am EFFICIENT in how I perform my goal tasks. • I EMPOWER myself at all opportunities so that I do not make any excuses. • I ELECT and make choices for actions from options. • I am conscious of the EASE of my actions when I am focused like a laser beam on my tasks. 	<ul style="list-style-type: none"> • I constantly REVIEW my goals. • I ask myself and check that they are still RELEVANT. • I RENEW commitment to my goal when it is still relevant. • I am making REAL my goals. I am REALIZING my Vision. • When one goal is completed, I REPLACE it with another to maintain my traction for achieving my Vision and Mission. • I RECOGNIZE my achievements by celebrating! • I find only REASONS for forward steps. • I always take RESPONSIBILITY for my actions. • I leverage all available RESOURCES to help support me.
1.		
2.		
3.		