

My SMART Goals

Goal Brainstorming

Specific

Measurable

Actionable

Realistic

Time-Limited

My New Goal:

My SMART Goals

Thank you for downloading My SMART Goals from Sage Grayson Coaching at <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.” Really 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.”
- **Measureable:** If your goal's not measureable, 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 measureable 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, and I'm a kick-ass life coach who helps busy women make their lives a little sweeter. I live in the suburbs of San Francisco with my husband, Chris, and dog, Skyla.

Like this worksheet? Get more unstoppable motivation at <http://sagegrayson.com>.

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Get your free Ready, Set, Go! coaching call. This is a 30-minute Skype video chat with me where we'll discuss the challenges you're facing, your big goals for your life, and how to get you there.

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