

GOAL SETTING

 Magic

T³



the practical



There are some practical tools when it comes to setting your goals. It is called S.M.A.R.T. Goalsetting. Here's the skivvy:

Specific

The goals must specifically state what is to be accomplished. They must be clear and easy to understand. For example, rather than saying, "I want to get fit." you could say, "I will train for the Apple Blossom 5k."

Measurable

The goals must be measurable so you can see your progress. For example, a goal of "I want to do 5 pushups in a row" has a measurable component compared to "I want to get stronger." which is more ambiguous.

Attainable

A goal should be realistically attainable. For example, a goal of "running a marathon next month" is not an attainable goal if you're not a runner. However, "training for a 5k in 8 weeks" is attainable.

Relevant

The goals must be relevant to your interests, needs, and abilities. For example, weight lifting would not be the focus if you were training for long-distance running. However, a progressive running program would be.

Time-bound

Your goals must contain an estimated timeline or deadline for completion. Timelines can be both short- and long-term and should help you stay focused and on track. For example, you could have a 6 month big goal - and then weekly goals to help you get there successfully.



There is very simply MAGIC or POWER in getting really specific in your goal setting. Writing down your desires gets your inside hopes onto paper and starts them getting real.

Settle down before you write them down with this breath practice:

Sit comfortably and supported with eyes closed

Take a full deep breath in and hold it at the top

Sigh it out

Settle into your natural breath pattern

Start to notice the regular, natural, average count of your inhales

Start to notice the regular, natural, average count of your exhales

How does it feel to make them equal parts breath with the same count

Enjoy equal parts breath for a bit

Gently open your eyes

Before moving on to your S.M.A.R.T. Worksheet, answer these questions:

What is your heart's desire?

Why is this important to you?

the work

Specific

What exactly do I want to do?

Measurable

How will I measure my progress?

Attainable

Is this goal realistic for me?

Relevant

Why am I doing this? Does this goal matter to me?

Timebound

When will I have this goal completed?

the plan

**Main Goal &
Time Frame**

**Mini Goals &
Time Frames**

**What tools do
you need?**

**What actions
are required?**

**Schedule your
goal setting on
a calendar**

finishing touches



We are so excited for you!

Would you let us know how this goes? Just let us know in the comments. We'd love to hear.

Here is the very truth - you can do anything.

Anything at all.

mantra

I can do anything.

May your journey be fruitful. And remember - the journey is the fun. Sometimes we get caught up in the arrival point, but the real harvest is in the journey.

Sincerely,
Theresa & Sarah

Theresa Horne
sisterhoodofstrong.com



Sarah Turino
turinofitness.com