

GOALS AND INTENTIONS

How to use this form to empower yourself:

- Write up to 5 SMART Goals (see description below) for each area for a specified period of time (recommended 1 year).
- Post this where it will be visible to you on a regular basis.
- Consider what it will take to accomplish the goal. Reverse engineer your success.
- When someone asks you to do something, use your goals to guide your response.
- Reassess your Current Demands to see how they align with your goals and intentions.
- Always give yourself a reward for accomplishing a goal and make the reward a good one, one that will make you want to accomplish the goal! Post a visual reminder of your reward that will remind you of what you get for working so hard on this goal! If you don't crave the reward, pick a new one!

SMART Goals:

1. Specific - Consider who, what, when, where, why and how in developing the goal.
2. Measurable - Include a numeric or descriptive measurement.
3. Achievable - Consider the resources and actions needed and set a realistic goal.
4. Relevant - Make sure the goal is consistent with what is important to you.
5. Time-bound - Set a realistic deadline.

Examples of SMART Goals:

- I will lose 10 pounds by February 15 by exercising 3 times each week and eating 5 fruits and vegetables daily.
- I will acquire three new clients for my consulting business within two months by asking for referrals, launching a social media marketing campaign and networking with local businesses. This will allow me to grow my business and increase my revenue.
- I will spend 30 minutes each day doing an activity that brings me joy.

Before posting, review your goals one final time. Ask yourself the following questions:

- Are my goals really realistic?
- Do I really crave the reward?

Dates: _____

Professional Goals	Deadline	Reward

Personal Goals	Deadline	Reward

Self-Care Goals

What I Want More Of