



# Setting Goals using The **SMARTEST** Method

## Summary

Short on time? Not sure if this book is for you? No worries! Here's a summary of The SMARTEST Method and what you can expect from using it to set your goals.

Each chapter dedicates time to each part of the method. You will be taken through a process of self-analysis and personal review before you start putting your goal together. This makes the whole method make sense and become integrated into how you then approach your outcome.

### **S – Small & Specific**

*Small* – the method begins with you setting a goal that is sizeable, chunked down and won't require a lot from you too soon. The area of perspective is explored and the benefits of being in the game of success for the long haul. Ideally, your goal should be the stepping stone to a bigger goal.

*Specific* - getting associated to your outcome through your senses, you'll soon know what it looks, sounds, smells and feels like as clear as crystal. Being able to describe your outcome freely and descriptively will start to come quite naturally to you.

### **M – Measurable & Manageable**

*Measurable* – beginning at the end, you will be instructed on how to work backwards in identifying your step-by-step process. Or learn how to find a coach/mentor who has achieved the goal you want and the process of modelling how they did it to achieve the outcome. These methods/strategies/steps become your measurements and what you refer to so you can stay on track while working towards your goal.

*Manageable* – we'll explore how to work on a process you feel like you can manage, proceeding to gradually push yourself out of your comfort zone further, with each step and each goal. This chapter will ask you to be genuinely honest with what you feel you can manage, but also reminds you to keep in mind that you make yourself feel the way you do. Once you've learnt to master your feelings, you'll then be asking yourself “What's really possible?”

### **A – Attainable & Achievable**

*Attainable* - learn how to set a goal that is either a real, tangible item or result you can attain or which others will give to you, either physically or meta-physically. Look at what you have around you and what others have achieved before you that was attained through a proven strategy.

*Achievable* - considering what you believe is possible; for others, the world and yourself this part of the method helps you to realise that you have the power to create your own beliefs which propel you forward or hold you back. You will uncover which of your beliefs are moving you towards your goal and what other beliefs could also help you., as well as looking back over your own list of personal achievements through life. These make up the foundation of who you are and what you are capable of.



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## **R – Realistic & Relatable**

*Realistic* – you'll be reminded and empowered that what's realistic is different for everyone and you determine your own reality through your imagination. In regards to the realities bestowed upon you, this chapter advises you on the art of responding rather than reacting. Once learned, this will make you the Master of Your Destiny instead of a victim of your own circumstances.

*Relatable* – at this point, you will revisit your goal and honestly answer if what you want truly resonates with you. Looking inward to what inspires you, your true passion, and most importantly your highest values, you will connect your goal to these aspects. Once you've done this, you won't require motivation to work on your goal - you will be driven to succeed!

## **T – Time-Framed & Task-Orientated**

*Time-Framed* - before working out when and how often you will work on your goal, an activity in this chapter will help to define how you perceive and manage your time. Rediscovering how you spend your time and learning how to maximise it will reignite your appreciation for this ever-precious commodity. From here onwards, you'll begin to make the most of your time. Then, when you achieve your goal is really up to you.

*Task-Orientated* - a goal shouldn't feel like work, but you'll have to work to make it happen. This chapter will instruct you on how to turn your steps into tasks, each with a beginning, middle and end. Implementing these tasks repeatedly until they're almost effortless for you, then become your new habits. This chapter will assist you in strategically breaking down your goal as well as sustaining the outcome if it needs consistent work beyond its realisation, i.e. staying fit, building wealth, etc.

## **E – Energised & Excited**

*Energised* - thinking of your goal as a vehicle, it needs fuel to get it moving. This fuel is your energy. The more energy you put in, the more momentum and power your goal will have. You'll learn how to tap into creative visualisation, positive language and uncovering all your reasons why you want the outcome. This is a very powerful chapter that takes your goal to a whole new level and brings it to life.

*Excited* - creating excitement around your goal by looking forward to the outcome with huge anticipation, will get you pumped about taking action every day. This is achieved through connecting your goal to all eight of your life areas, as well as imagining how you'll change once you've achieved it. We'll go one step further and explore how your goal could be a part of something bigger! You'll also learn how to actively excite yourself everyday through the power of Affirmation's.



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## **S – Stated & Shared**

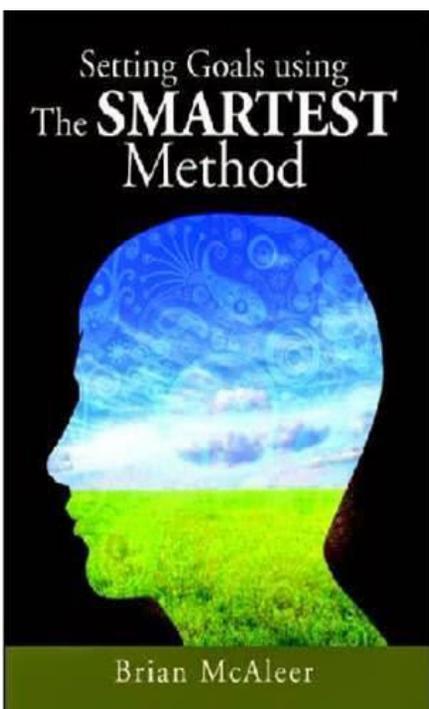
*Stated* - this step will empower you to stay true to your goal and yourself, for when the going gets tough Declaring your own self-worth, and living with integrity and assertiveness are the focus here. In teaching yourself to be congruent with your goal by talking, walking, living and breathing your outcome, your desire becomes a powerful statement.

*Shared* - discover the power of Accountability by sharing your goal with a partner; someone who will hold you to your word, offer support, and provide you with feedback and positive reinforcement as you progress. Aspire to have your outcome benefit other people and get them involved in the process. In accepting that we often do more for others than ourselves, this chapter will inspire you to make a difference with your goal and leave your mark on the world.

## **T – Take the First Step**

*Take the First Step* - the journey of a thousand miles begins with a single step. To kick off the process of working towards your goal productively, you will be lead to take action as soon as you've completed the planning process. We'll also look at the definitions of success and failure, and how you can use both to serve you. By this point, you will be ready and willing to make things happen and let your vision and faith carry you to where you need to go.

After you've worked through the method, you will also be provided with the Eleven Principles of Success; those extra gold nuggets to use along the way. The final chapter is the conclusion, which hints at how life will be different for you once you've set a goal using The SMARTEST Method.



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