



Setting Goals using The **SMARTEST** Method

How Your Goal Can Add Up using The SMARTEST Method

This is a shortened version of how a goal will read once you've used each step of The SMARTEST Method. In this example, the goal will be that of someone who is trying to lose weight and get fitter.

My goal is to lose 6 kilos in 6 months. This is part of my bigger goal to eventually lose 20 kilos, making my current goal **Small**. I will achieve this goal by losing 1 kilo per month through regular exercise, eating healthily and moderation. I will take walks, swim and plan my food in advance to include more fruits and vegetable, making my goal **Specific**.

To achieve my goal in the best way, I will use the help and knowledge of a Personal Trainer and a Nutritionist who can both provide me with step-by-step plans, making my goal **Measurable**. Given I haven't exercised regularly for several years and I still enjoy eating sweet foods, I will start with 2 days a week at the gym to begin with. As giving up chocolate and cake entirely will be hard I will gradually cut it down, making my goal **Manageable**.

I will lose 6 kilos off my body, feel more energetic and notice people looking at me or commenting on how much better and healthier I look, making my goal **Attainable**. I will achieve this goal because I believe I can do it; other people have done it through hard work and determination. I believe I can create those feelings or myself and achieve my goal in my own time, making my goal **Achievable**.

I can make this goal happen because I have the capability to do it, and I have access to all the resources and information I need. Other people might tell me I can't do it, but that is their perception and opinion – not mine, and to me that makes my goal **Realistic**. I want to achieve this goal because getting fit and healthy will improve every other area of my life and allow me to do more. But most of all I can be a better parent and excel at work, which are the two most important things for me, making my goal **Relatable**.



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The most effective time of the day for me is in the morning, so I will hit the gym before work and spend time planning my meals in the morning, making my goal **Time-framed**. As my main task will be going to the gym, I will start each visit with a warm up, making the majority of the session a circuit workout, and finish up with a swim to warm down. I'll stick to this process over and over, making my goal **Task-orientated**.

I can see myself working out at the gym and gradually losing weight and looking better. I will feel fantastic and have loads of energy and vitality. I'm working towards this goal because I want to look great, feel great, have better focus, more energy, fit into my clothes, appear more attractive, and so on and so forth, and all that makes my goal **Energised**. I just can't wait till I've achieved this goal and lost the first 6 kilos, as I will look and feel terrific and be well on the way to achieving my larger goal of losing 20 kilos. To keep my momentum going, I will say daily Affirmations to myself, including "I am a strong, healthy and energetic person who can achieve anything", and that makes my goal **Excited**.

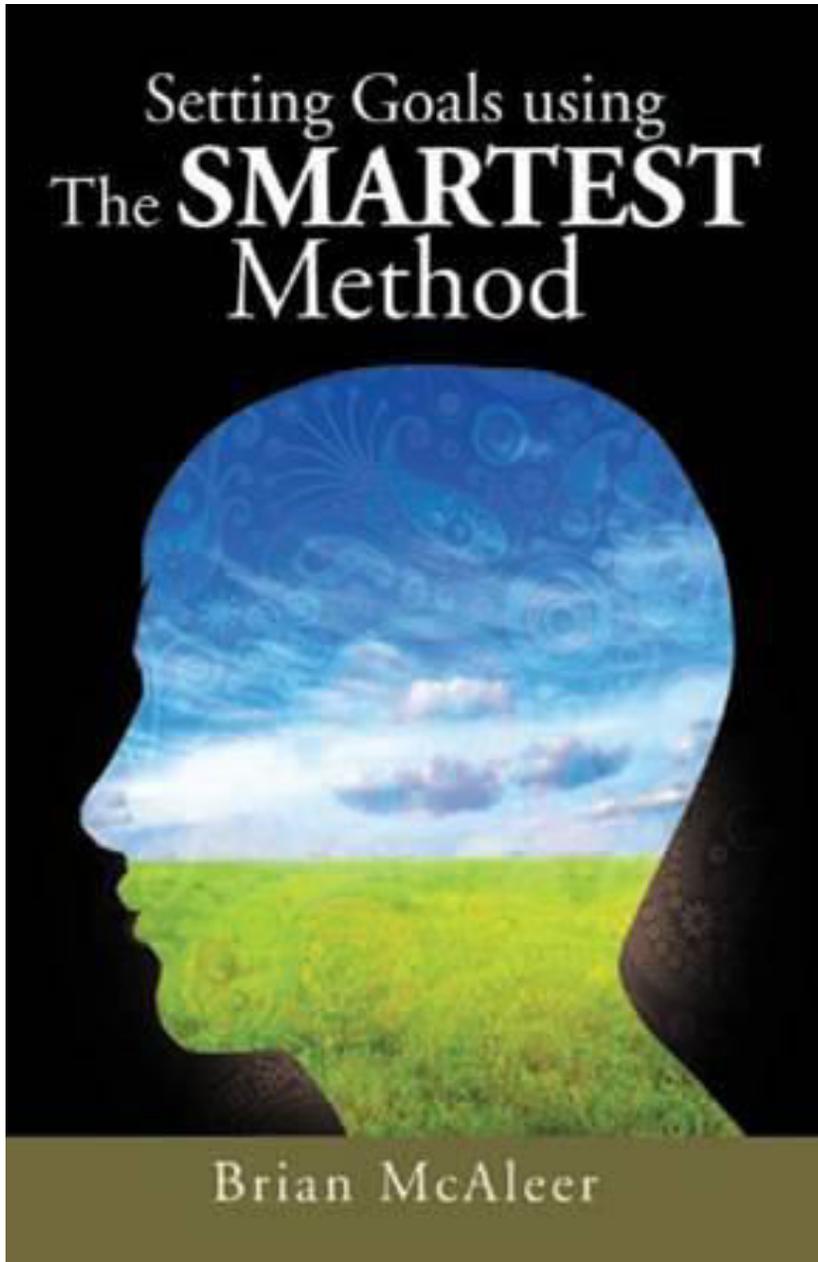
I am worthy of achieving this goal because I have the right to feel and look great and use my health in a positive way. I will post updates of my progress on Facebook to keep my friends involved. To me being successful means being pleased with yourself and getting there in your time, and this makes my goal **Stated**. My Personal Trainer will hold me accountable at the gym and my friend will come to the gym so we can work out together. As I start to lose weight and improve my health, I will talk to others and encourage them to get fit as well, which makes my goal **Shared**.

My first step is to book an appointment in with a Personal Trainer, where I'll tell them what my goals is and they will book me in for my first session. All my reasons why, my beliefs and highest values are backing me on achieving this goal and will inspire me to take each step following the first. It all starts now as I **TAKE THE FIRST STEP**.

This is just one example of how a goal looks and sounds after The SMARTEST Method has been used to set it. As you read the book, you will be able to about your own goal – whatever it is – in the same detail.



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