

Take a Look Inside...



Article Series

From Planning to Doing – Making your Goals Happen

by Brian McAleer, Author of “Setting Goals using The SMARTEST METHOD”

Many people would say life is too complicated to have goals. We never have enough time, we’re all so busy and life is just too messy and complex, so how can we really achieve the goals we set out to accomplish?

We all have goals, whether you think you do or don’t. In fact, you have a goal right now, and likely several that you’re working towards at any one time. If you’ve worked hard to achieve something before and didn’t quite get it, or wound up somewhere you didn’t want to be, believe it or not you achieved your goal. The difference is your *vision* wasn’t clear enough. When our vision is clear and we know what we want and why we want it, we are more likely to get it and less likely to succumb to what we don’t want.

We can’t always get our vision as clear as we’d like it to be; that’s being human. None of us are perfect, but we can practically perfect the art of setting goals. For many years, I was resorting to the S.M.A.R.T. way of setting goals; that well known acronym that breaks your goals down into one that is Specific, Measurable, Achievable, Reasonable and Time-bound. After using it several times, I felt something was missing from this popular strategy. I would start off well but quickly lose energy and motivation. I would keep my goal a secret too, so the wrong person wouldn’t tell me I couldn’t achieve it. And I was great at planning my goal, but would only make a start when I felt *ready* to get started. Can you relate to this?

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From these experiences I was able to add my own twist to the S.M.A.R.T. way of setting goals, which then became The SMARTEST Method. It breaks down like this;

Small & Specific

Measurable & Manageable

Attainable & Achievable

Realistic & Relatable

Time-framed & Task-orientated

Energised & Excited

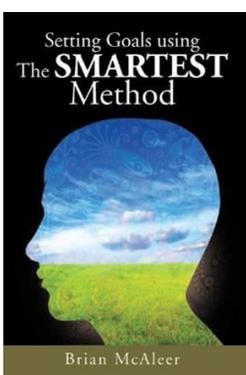
Stated & Shared

Take the First Step

Pay attention to those last three letters in the method, EST. They were a result of what I discovered wasn't working in my goal setting experience just doing it the smart way. Discovering that these extra steps made my goals happen so much more often and quicker than ever before, I had found the smartest way and decided to put it all in a book, determined to share it with the world.

Now you can experience The SMARTEST Method for yourself. The book takes you through the method letter by letter, one chapter at a time. It also instructs you on how to construct your goal and gives you extra activities and strategies to make it happen in a way like no other goal setting strategy you've tried before.

As the saying goes, "Don't work harder – work smarter"



Order your own copy of Setting Goals using The Method by clicking [right here](#).

thesmartestmethod.blogspot.com