

Be S.M.A.R.T.



about every goal you create!

S | Specific. Be clear about what you want to do & why you want to do it.

I want to go on a cruise in Asia because I love the culture & want to travel more this year.

M | Measurable. Make sure your progress can be measured. What will you need to achieve the goal?

I will need \$7k total for the trip, time off from work, and a friend to go with!

A | Achievable. Your goal should be simple enough to attain but big enough to challenge you.

An international cruise is a big deal for me!

And it is still more cost & time effective than taking a month long excursion to Asia.

R | Relevant. Is it worth your time? Does it add to & align with your life's overall plan?

This goal achieves my life's plan in the "personal" category of seeing the world!

T | Time-sensitive. Set a target time that you want to have this goal completed.

I want to have my November cruise to Asia paid in full by September

SMART goal > **I want to take a November cruise to Asia and have my trip paid in full by September. I will save \$200 a week from Jan - Sept.**