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Writing Your Goals



If you have ambitions in life and you are ready to make an impact in our world, writing down your goals will help you achieve your goals much faster.

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According to Neuroscience, it is said that individuals who write out their goals are 50% more likely to achieve them than people who do not write down their goals. Unfortunately, *fewer than 20% of people actually write down their goals.*

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To have effective **written** goals follow the SMARTER method!

What Are

SMARTER Goals?

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Specific:

Clearly identify what you want.

Measurable:

Ensure your goal is something that you can realistically achieve.

Attainable:

Identify how to quantify your goal to be able to track progress.

Relevant:

Does this goal align with your passions?

Time-Oriented:

State at what point you expect to achieve this goal.

Evaluate Daily:

Look at and evaluate your goals daily, what is going well, what can you adjust.

Re-Adjust:

If necessary, adjust your goals so you **can** achieve them.

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