



Call In 2020 with Heart-Centered Intentions & SMART Goals

Re-commit to your WHOLE Self (Mind-Body-Spirit) with powerful, Heart-Centered Intentions and Positive Momentum...

SMART Goal Setting Is

1. **Specific** - What, Why and How: Get as clear as possible to fine-tune the change being implemented.
2. **Measurable** - Establish concrete criteria. This helps you stay on track and experience the exhilaration of achievement
3. **Achievable** - Not too far out, but stretches you into change
4. **Realistic** - What are logical means in which you will achieve your goals
5. **Timely** - Timeframe will support reaching your goals: for next week, in 4 week weeks, 6 months, (by a defined date)

KC Miller, Master Coach, goes a step further in setting **SMARTER GOALS**

1. **Stretch yourself**
2. **Meaningfully . . . with**
3. **Action-oriented**
4. **Result-based**
5. **Trackable & Time-sensitive**
6. **Engaging**
7. **Rewarding . . . goals**

Methods of Holding Yourself Accountable to Achieve Success

- Daily Tracking (Measure your progress)
- Daily Journaling (Write it down)
- Daily Affirmations (Speak it out loud)
- Daily Sharing (Speaking about it to others)
- Regular Coach check-ins (Speaking or writing about it to others)

List FIVE Goals You Are Willing & Ready to Commit to!

Goal #

1

S -

M -

A -

R -

T -

Goal #

2

S -

M -

A -

R -

T -

Goal #

3

S -

M -

A -

R -

T -

Goal #

4

S -

M -

A -

R-

T -

Goal #

5

S -

M -

A -

R-

T -

