

What is SMART Goals 2.0[®]? Having SMART Goals 2.0[®] accomplishes five tasks: 1. Creates a clear path on how to practice life, work, and play on purpose; 2. Manages an efficient use of energy and resources (time, talent, and treasure); 3. Forms integrity and harmony in everything you do—you really become who you say you are! 4. Strengthens a deep understanding of what is truly possible, no matter how extreme the goal; and 5. Solidifies a system of accountability.

How is SMART Goals 2.0[®] different? Statistics show that people who write down their goals are more likely to achieve them. The idea of SMART Goals has been around for a while, but many people still do not write them down. Writing goals is not as simple as writing down a goal to fit the SMART acronym. SMART Goals 2.0[®] requires thought behind consistent actions and behaviors. Any time you write a goal, you should be asking yourself questions. The better the questions, the better the goals. While the questions used in SMART Goals 2.0[®] are not exhaustive, they will provide a starting place for your goal writing session.

SPECIFIC: Can you name it? (Achieves clarity.)

1. What piece of the WHY pie are you specifically trying to change?
2. List and prioritize these categories.
3. Is your prioritized list taking you closer to or further away from the next WHY pie?
4. For each item on your list, specify what you are going to change on that item and why this change is so important that you are going to allocate your strengths, values, time, energy, finances, and focus to make it change.

MEASURABLE: How are your energy and resources being spent? (Achieves efficiency.)

1. How much of a shift in the WHY pie are you trying to make?
2. How will you measure your success? How will you know how well you are doing what you say you will do?
3. What is the amount of energy and resources that will be needed to increase or decrease this part of the pie?
4. What needs to happen to your pie in order for this piece of the pie to change?

ALIGNMENT: Am I really using my strengths and values (S/V)? (Achieves integrity.)

1. What strengths are needed to make this goal successful? How will they be used?
2. What values are needed to make this goal successful? How will they be used?
3. Is this goal aligned with your WHY pie (SV)?
4. From where did this goal come: dreams, desires, past experiences, need for approval, others' advisement, mentoring, self-assessment, fear, anger, or need for change?

REALISTIC: Can I really do this? (Achieves deep understanding of self.)

1. Is this a realistic piece of the WHY pie to shift at this time?
2. Is the amount of shifting you are proposing to make realistic in their current form, or do they need to be divided into smaller goals?
3. Can you visualize yourself reaching this goal? Is the picture clear to you?
4. What might be some of the difficulties in shifting this part of the pie? What resources do you have available or need to find in order for you to be able to deal with the difficulties?

TIME BOUND: Where's the finish line? (Achieves urgency.)

1. Assuming shifts take 6-8 weeks to become habitual, how long do you think it will take you to adapt to this shift in your WHY pie?
2. To what degree does this time limit stretch your S/V: common, challenging, championship, or crazy?
3. Where will you record your goals and expectations?
4. What else can you think of that will help you to stay on track, on budget, and on time?

IF YOU FIND YOURSELF STILL STUCK, CALL ELAINE FOR A GOALS CONSULTATION.

What stops you from being the champion?