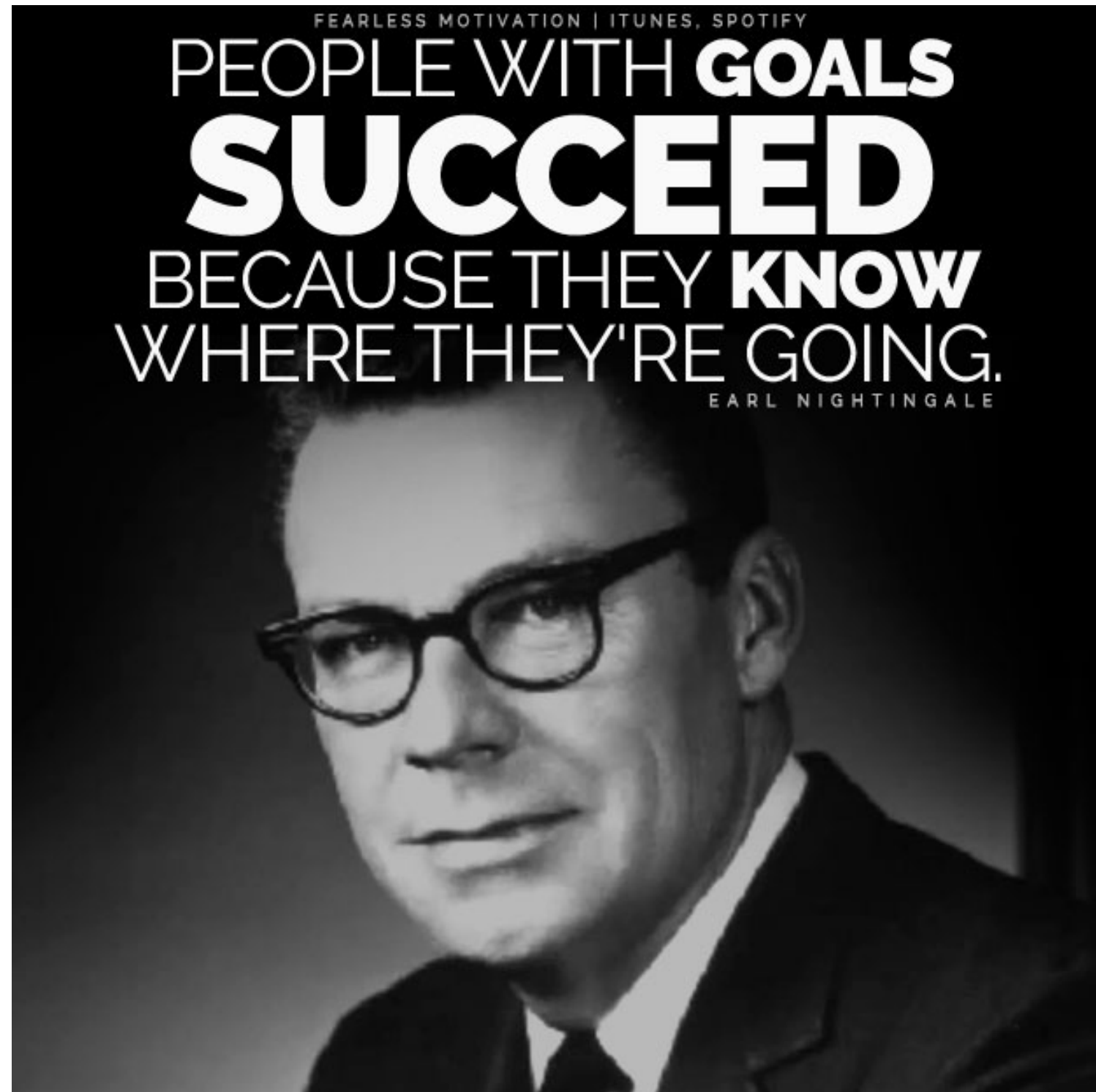


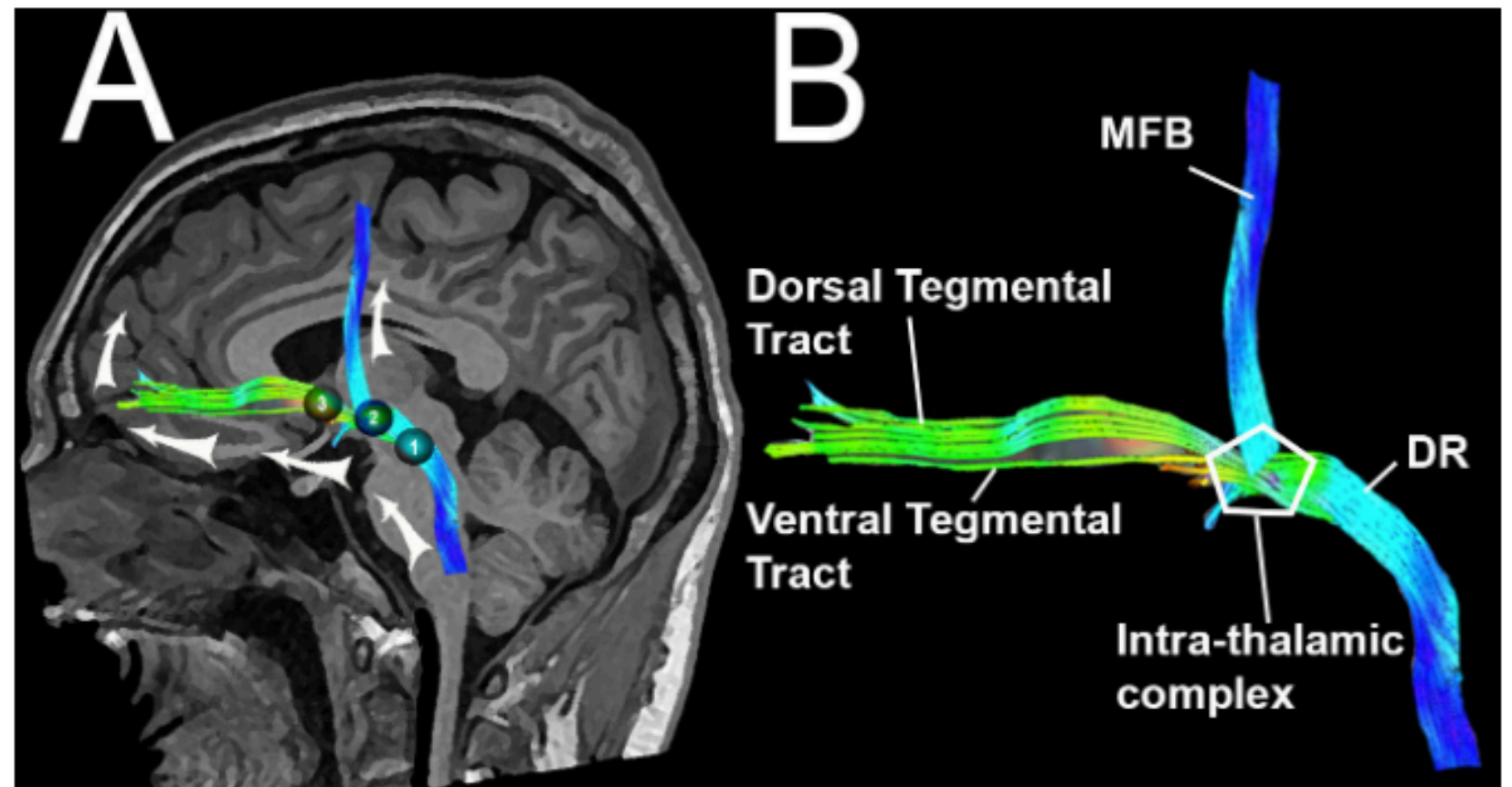
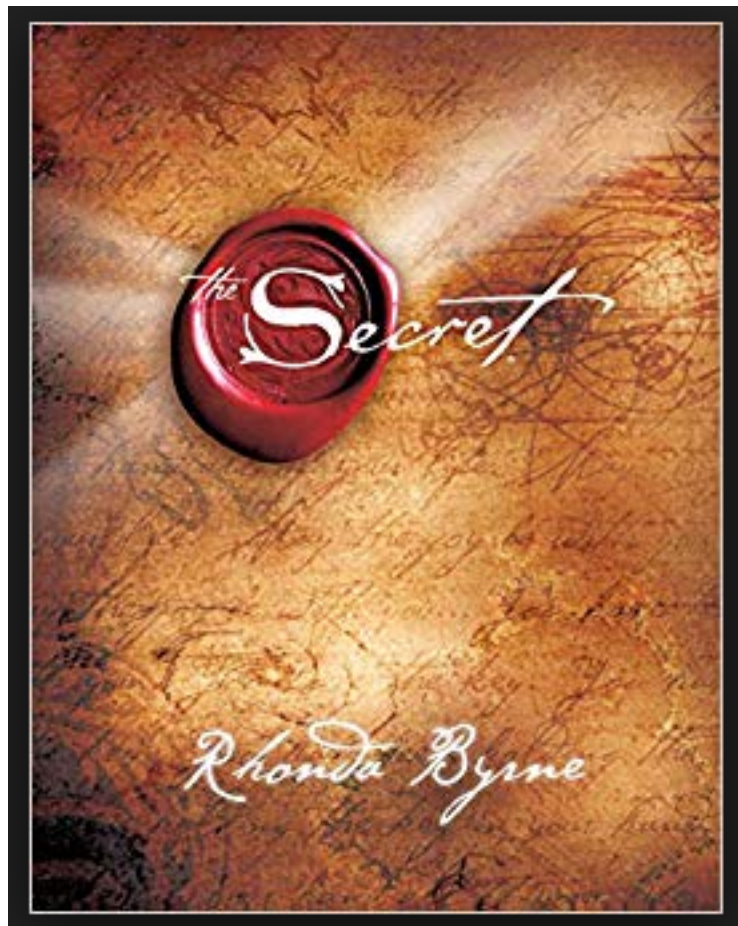
SMART(er) Goals for 2019

Paul Gamble

Why?



What?



“The Secret” or Science?

“The Secret”

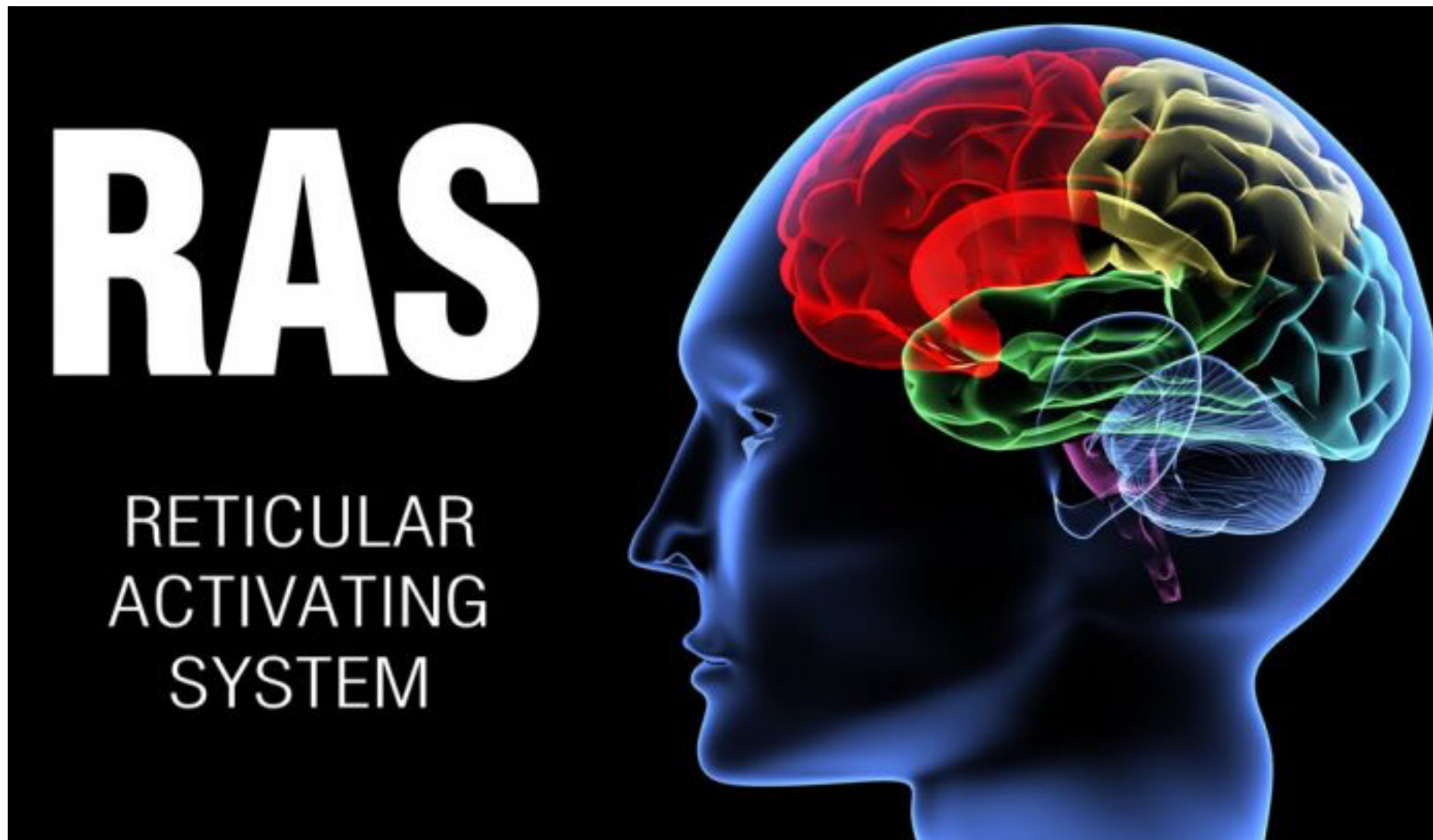


I wrote myself a check for ten million dollars for acting services rendered and dated it Thanksgiving 1995. I put it in my wallet and it deteriorated. And then, just before Thanksgiving 1995, I found out I was going to make ten million dollars for Dumb & Dumber. I put that check in the casket with my father because it was our dream together.

(Jim Carrey)

izquotes.com

The Science



S **Specific** - Is the goal clear?

M **Measurable** - Can you measure progress or result?

A* **Achievable** - Is the goal even possible?
* Originally “**Assignable**”

R* **Relevant** - Is the goal even relevant to you?
* Originally “**Realistic**”

T **Time-bound** - Can you set a deadline or due date?

S

Specific

M

Measurable

A

Achievable

R

Relevant

T

Time-bound

E

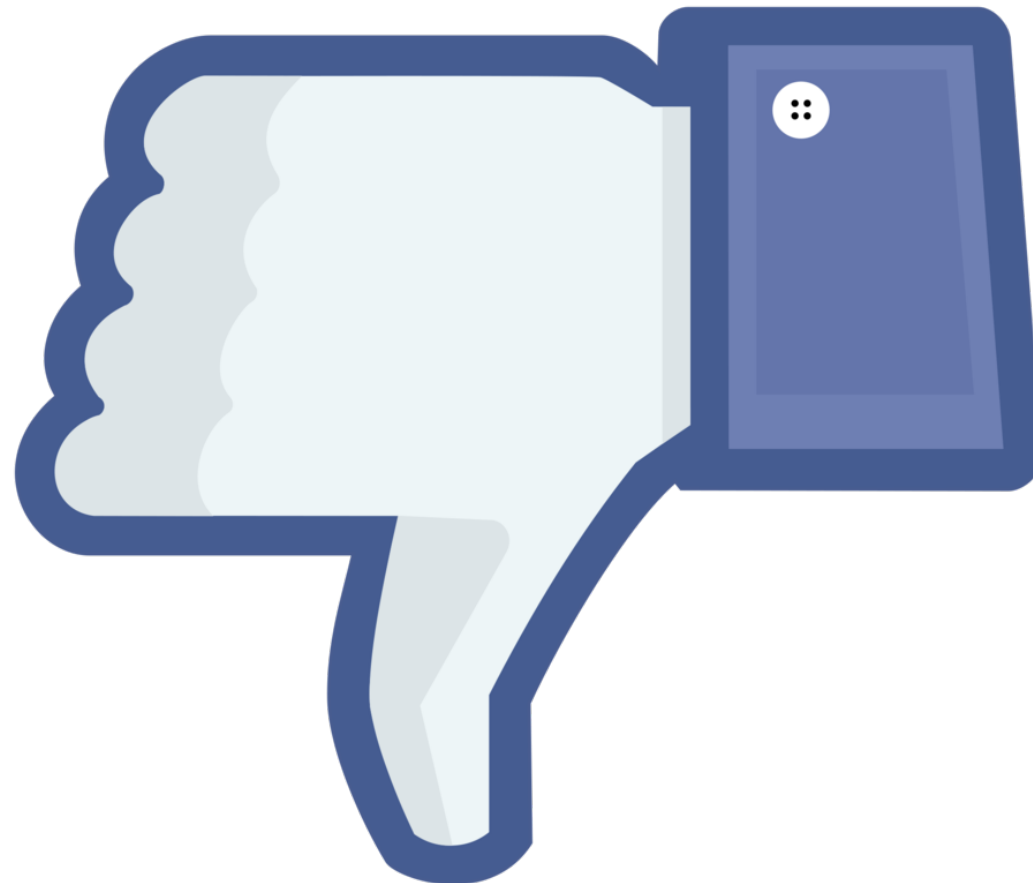
Evaluate - How's progress?

R

Replan - Replan or recognize achievement?

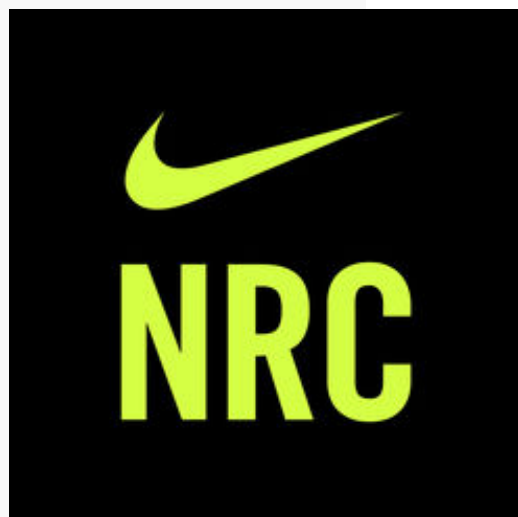
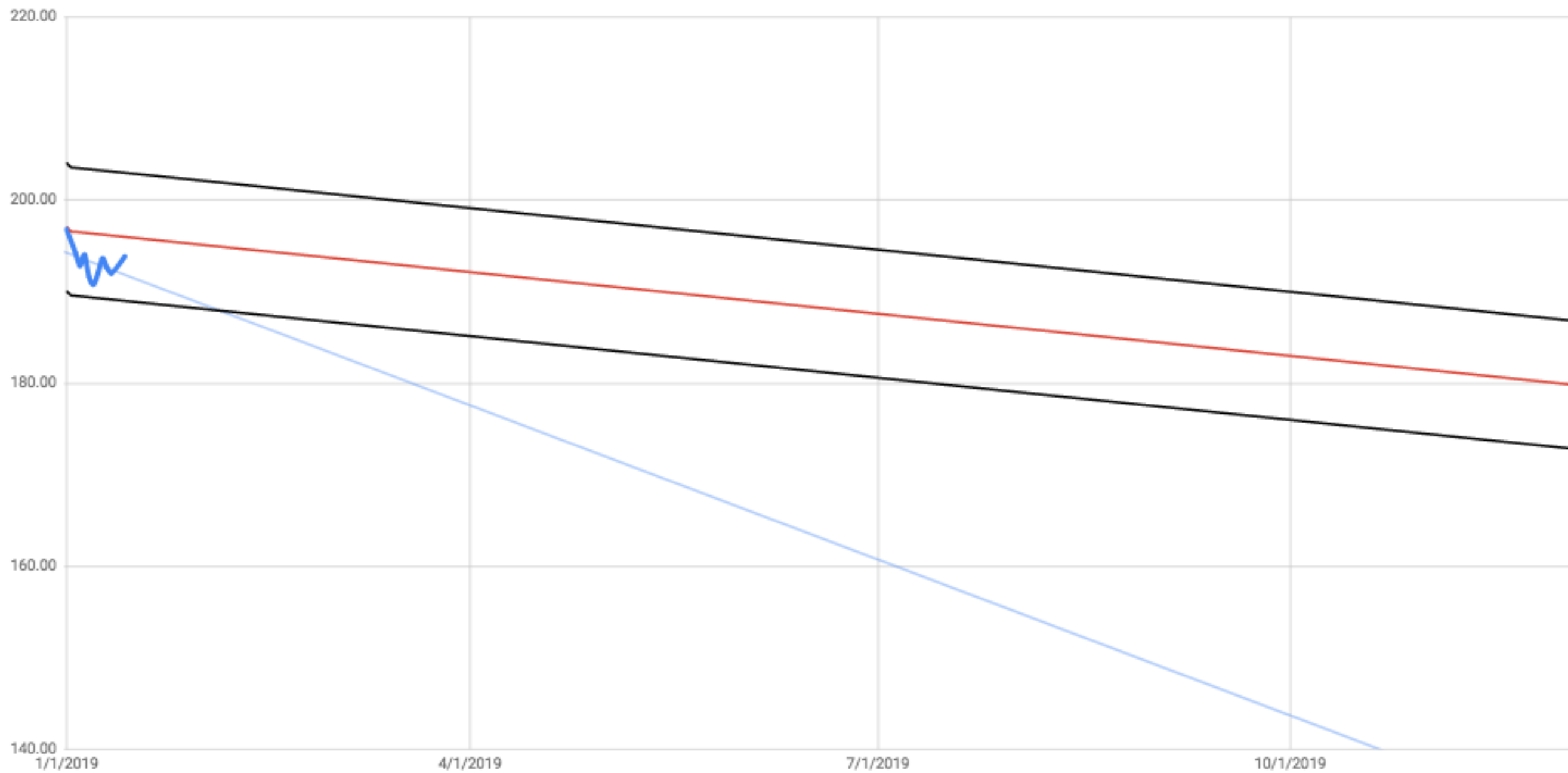
Bad Example

“I want to lose **some** weight and get in shape.”



SMARTer Example

“I want to lose **25 lbs**, with a clear **visible difference** in my **after photo** according to spouse before **January 15, 2020** and I **will chart** and **use apps** to check my progress.”



“I want to make more money.”

“I want to spend more time with family.”

“I want to read more.”

“Increase net worth by 10%, reducing outstanding CC debt, and starting weekend business this calendar year.

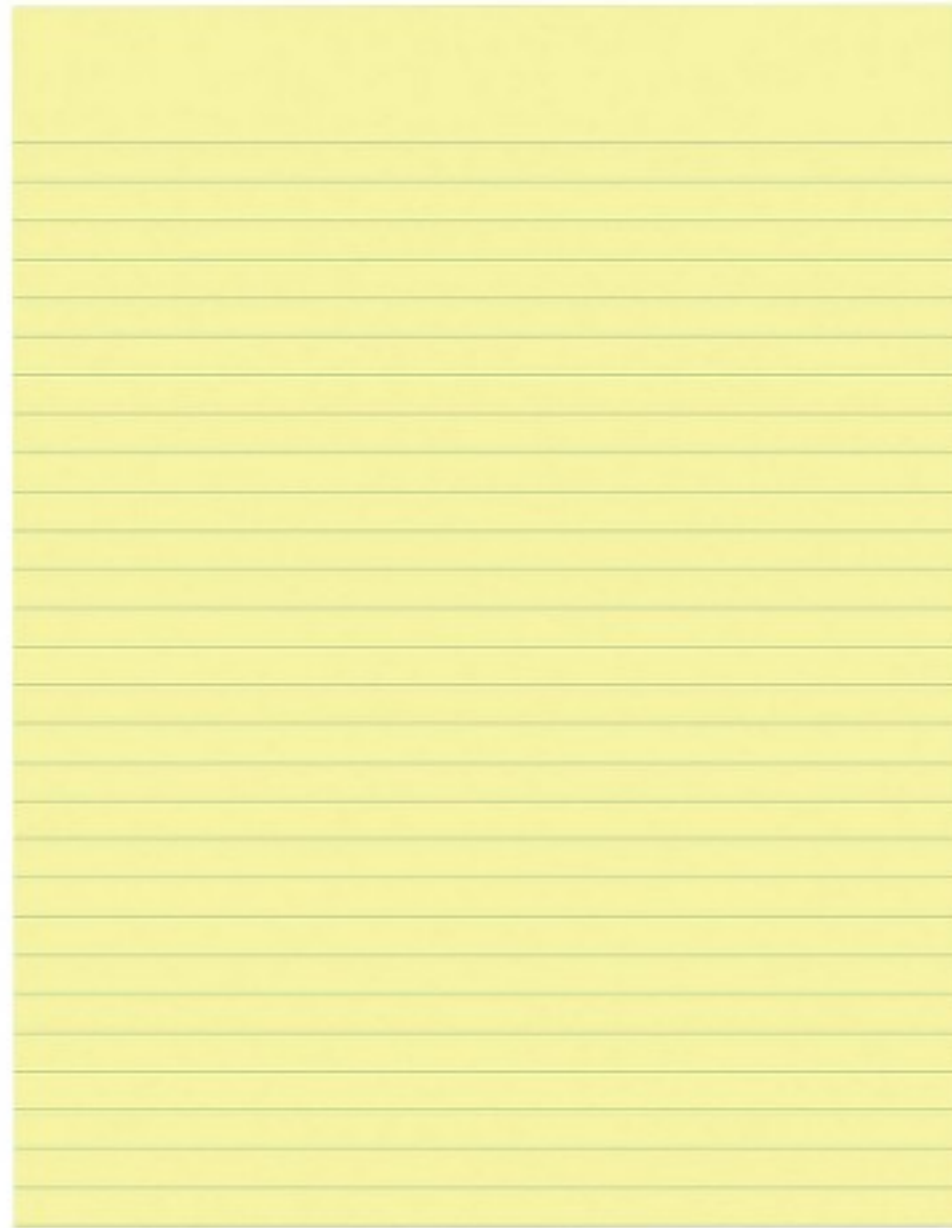
“Plan and budget family trip to Montreal this summer.”

“Join a book club and/or sign up for a speech at my local Toastmasters about this book I want to read.”

What are your SMART(er) Goals for 2019?



Dear Future Me,



([futureme](https://futureme.org) .org)



Thank you.