

Setting goals

SMART Goals

Specific – Don't be vague.. define the goal in real detail and outline exactly the behaviour you want to target.

Measurable: As the saying goes, "If you can't measure it, you can't manage it, so how will you know when you've achieved it?"

Achievable: Be ambitious, but patient. Don't set the bar too high at first... by winning the small battles, you'll win the war!

Realistic/Relevant: Can you actually achieve the goal and how will achieving your goal help you to change a behaviour you'd like to change?

Time-bound: It is important to set a time-frame as this will keep you motivated! People always work better when there is a deadline in sight.

Setting SMART, ambitious yet realistic goals, gives us direction and purpose and when we achieve them (or even just make some significant progress towards them), this brings with it a huge sense of accomplishment and satisfaction and positivity towards what the future may bring.

- ✓ Set some simple goals that you would like to achieve this week. It could be applying for that great job you really want or exercising after work tonight. Every time you achieve a small goal, set a new one. As you build your confidence in achieving small goals, you will believe you can achieve big goals.
- ✓ **ONLY** set goals that are highly important to you. If your goal is not **HIGHLY** important to you, you won't do what's required of you to achieve it.
- ✓ Ask yourself, "What will be required of me to achieve this goal? What will be the biggest obstacles I will have to overcome?" Make a list of the things you will need to do and the challenges you will face: **be honest** with yourself as you consider the potential challenges you will face.



- ✓ Create milestones: break your big goals down into smaller ones. This will enable you to focus on achieving smaller goals and measuring your progress better. If you are falling behind, you can make up ground as you work towards your next milestone.
- ✓ Set up a routine. Put together your plan and then break it down into what you should be doing every day.
- ✓ Hold yourself accountable: it's **your** life and these are **your** goals. You know what you should be doing each day, and it's your responsibility to hold yourself accountable for working towards your plan. Refuse to allow yourself excuses!

Remember: **enjoy the journey!**

There are very few things that will have a more positive influence on how you see yourself than when you set big goals, refuse to make excuses, and achieve them.

My Femergy@40 Nutrition and Lifestyle Health Coaching programmes empower, inspire and support busy, overwhelmed women - fighting fatigue, struggling with their weight, sleep, energy or with diagnosed health issues - to get back into the driving seat to create more energy, vitality and much better health.

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