



Ascensia Coaching

Create a Life You Love
Be Empowered and Take Action

From GOOD to GREAT

The ultimate 7 success keys to achieving your wildest dreams, goals and ambitions EASILY, QUICKLY and with ENERGY!

Success Key # 2 – GOALS

Being S.M.A.R.T. about your Goals

When you completed your Energy Level Indicator exercise you have identified one thing you would like to change in 3 corresponding areas of life with the lowest score; Go ahead now and grab these 3 items and let's transform them into your TOP 3 SMART GOALS for 2017!

What are SMART Goals?

S - Specific

Be clear and leave no room for interpretation.

Example:

Not specific: I want to lose weight

Specific: I will attain my ideal weight of 145 pounds

M - Measurable

Quantify your goal (145 pounds) to be able to measure your achievement against it and revise your actions and behaviours if need be.

Example:

Not measurable: I want to lose weight

Measurable: I want to attain my ideal weight of 145 pounds

A - Attainable

Be bold, get out of your comfort zone, dream big, push yourself to go faster and further than you ever thought possible, but you still need to keep one foot on the ground and be realistic.

Example:

Wanting to be a millionaire by next month when you have over \$100,000 in debt and no savings may be stretching it just a bit too much! 😊

R - Relevant

Is your goal aligned with your vision and values? Will your goal allow you to do, be or have what is truly important to you?

Example:

If being with family and surrounded by people you love are things that you value and let's say that one of your goals would be to buy a cottage 2000 miles away from your family and friends and in a secluded area where the closest neighbour would be 10 miles away, you can see how this goal of yours would not be aligned with your value of being surrounded by family and loved ones.



T - Time bound

Give yourself a deadline to achieving your goal. This will give you the necessary push to do all that it takes to make it happen. Setting a deadline to any goal will challenge yourself and keep you focus on the tasks at hand.

Example:

Not time bound: I want to lose weight

Time bound: I want to attain my ideal weight of 145 pounds by end of April 2017

Other examples of SMART formulated goals:

I will generate \$500 or more extra net personal income every month by May 2017 or sooner

I will pay off \$20,000 of my total credit card debt by end of July 2017 or sooner

I will launch my new house cleaning business by August 15, 2017 or sooner

I will run 20km or more by October 31 2017 or sooner

Now it's your turn, write down your top 3 2017 S.M.A.R.T. goals

- 1 _____
- 2 _____
- 3 _____

Take a moment to reflect what resonated with you the most with this exercise and blog. Share in the comments section of the blog your thoughts, questions and pearls of wisdom.

Until next time, wishing you EASY living...

Warmly,

Tanya



Be Empowered and Take Action
Coaching and Training for Stress-Free Productivity

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