

# Set SMART Goals and Dreams

Make sure they are:

**S**pecific

**M**easurable

**A**ction-oriented

**R**ealistic

**T**ime-bound



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# The S.M.A.R.T. Way

**SMART** is a convenient acronym for the set of criteria that a goal must have in order for it to be realized by the goal achiever.

•**Specific:** Success coach Jack Canfield states in his book *The Success Principles* that, “Vague goals produce vague results.” In order for you to achieve a goal, you must be very clear about what exactly you want. Often creating a list of benefits that the accomplishment of your goal will bring to your life, will give your mind a compelling reason to pursue that goal.

•**Measurable:** It’s crucial for goal achievement that you are able to track your progress towards your goal. That’s why all goals need some form of objective measuring system so that you can stay on track and become motivated when you enjoy the sweet taste of quantifiable progress.

•**Action-oriented:** Your goal should include specific actions you’ll take to reach it. It’s not enough to want success--you must plan and do something each day that moves you closer to it. Define clear steps and stay consistent.

•**Relevant:** Before you even set goals, it’s a good idea to sit down and define your core values and your life purpose because it’s these tools which ultimately decide how and what goals you choose for your life. Goals, in and of themselves, do not provide any happiness. Goals that are in harmony with our life purpose do have the power to make us happy.

•**Timed:** Without setting deadlines for your goals, you have no real compelling reason or motivation to start working on them. By setting a deadline, your subconscious mind begins to work on that goal, night and day, to bring you closer to achievement.