

SMART GOAL

If you ask most people what is their one major objective in life, they would probably give you a vague answer, such as, "I want to be successful, be happy, make a good living," and that is it. They are all wishes and none of them are clear goals.

Goals must be **SMART**:

1. **S**--specific. For example, "I want to lose weight." This is wishful thinking. It becomes a goal when I pin myself down to "I will lose 10 pounds in 90 days."
2. **M**--must be measurable. If we cannot measure it, we cannot accomplish it. Measurement is a way of monitoring our progress.
3. **A**--must be achievable. Achievable means that it should be out of reach enough to be challenging but it should not be out of sight, otherwise it becomes disheartening.
4. **R**--realistic. A person who wants to lose 50 pounds in ~30 days is being unrealistic.
5. **T**--time-bound. There should be a starting date and a finishing date.

Please comment your opinion on this and add something yours...