

# CREATE YOUR SMART GOAL



## SMART GOAL

**S**pecific

**S**imple

**S**uper Stimulating

**M**easurable & Motivating

**A**s If & Attainable

**R**esources

**T**imed

# SMART GOAL EXAMPLE



It Is **December 28th, 2018 @ 3:38 PM EST** (Date) and I am at home on my laptop (Where) and I have received \$136,988. 36. (Goal).

I know this because I see the **balance in my bank account** after adding up my deposits from PayPal & my CC Processor. (What Do You See)

I can hear my **husband yelling holy shit and how proud he is of me** (What You Hear), and **I FEEL excited and unbelievably abundant.** (Feeling)

I say **“HOLY SHIT, I KNEW I COULD DO IT!”** (What You Say).

I **accomplished this because I created an online course & it sold out** (what actions/resources did you use).

# CREATE YOUR SMART GOAL



It is \_\_\_\_\_(Date) and I am at \_\_\_\_\_  
(where are you). I have received \_\_\_\_\_  
\_\_\_\_\_ (Goal).

I know this because I see \_\_\_\_\_(where do you  
see your goal).

I can hear \_\_\_\_\_(what you hear),  
and I FEEL \_\_\_\_\_  
\_\_\_\_\_ (how  
do you feel).

I say \_\_\_\_\_(what  
do you say).

I accomplished this because  
\_\_\_\_\_ (what actions/resources  
did you use).