

## SMARTER GOAL SETTING

To help you reach your goals as easy and quickly as possible we make use of the SMARTER technique. Revise each of your goals and make sure that they are in line with the below.

### **SPECIFIC**

What exactly is it that you want to achieve? Make sure to specify it in as much detail as you can.

### **MEASURABLE**

You have to measure your progress; how else will you know that you are on the right track or when you reach your goal?

### **ACHIEVABLE**

Is your goal challenging enough? Remember, anything is possible and if someone else can do it, so can you!

### **RELEVANT**

Why is this goal important to you? Unless it is relevant to you and something you really want, it will most likely not happen.

### **TIME BOUND**

Deadlines make things happen, make sure you have them!

### **EVALUATE**

Always evaluate what you are doing and how you are doing. Try and find someone to discuss your progress with to make sure you are on the right track.

### **REVIEW**

Constantly review what you have done, the outcome and what you can learn from it. Make sure you learn from your mistakes and figure out how you can do things differently.

Contact us at:

[www.actiontohhw.com](http://www.actiontohhw.com)

[info@actiontohhw.com](mailto:info@actiontohhw.com)

© Action To Happy Healthy Wealthy