



Step 3: Let's make a goal! How can we build on what you've done right? What is one thing that would have to happen over the next week that would move you one number higher? Big leaps forward often lead to huge, defeating backslides. We want to focus on gradual, sustainable change. To make sure we are doing this in a scientific way, we want to set a SMART goal.

SMART stands for:

Specific: What actions will you take, when and where will you do it and who or what is involved? Vague or non-specific goals often don't get accomplished. When you write your goal, you want to make sure that if you all of a sudden got amnesia, you could still follow your plan and get your goal done.

Measurable: How are we going to know when we are done? We need to write our goals in a measurable way. Think – how much, how long, how often and other types of quantities.

Agreed upon: These goals are coming from you, so you should be agreeing with them. Don't set goals for other people. Also, keep in mind that these goals should, at the very least, not harm your other areas of value. Don't set a goal so large that another part of your life takes a hit.

Realistic: The goal should be realistic – difficult but not impossible.

Time-bound: To increase the urgency of this goal, what will you be done by? Set your own deadline and hold yourself accountable.

