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| --- | --- |
| **My Goal is** | ***Give your goal a creative, memorable title!*** |
| **SMART Goal Statement**  **Include measurements, date, specific time frame, number of repetitions, etc.** | ***In order to experience***  ***in my life, I will:***  ***(S)pecific, (M)easurable, (A)chievable, (R)esonant, (T)hrilling*** |
| **Completion Date** | ***I will accomplish this goal by:*** |
| **Potential Obstacles**  **What external messages are not serving me?**  **What holds me back?**  **What do I need to release?**  **What am I resisting?**  **What am I afraid of?** |  |
| **Personal Reminders**  **What truth am I honoring?**  **What touchstones will I use?**  **What does “on track” feel like?** |  |
| **Safety Zone** | ***Who in my life is safe enough to share this goal with?*** |
| **Keep Quiet!** | ***Who in my life is NOT safe? I must NOT share this goal with:*** |
| **Accountability Partner** | ***Which safe person (with no vested interest) will be my partner and hold me accountable to myself, my goal, my dream and hold my feet to the fire?*** |
| **Hold Me Accountable!** | ***My accountability partner will help me specifically by:*** |
| **If I’m off track…** | ***My accountability partner will notice and:*** |
| **If I do not meet my goal…** | ***My accountability partner will:*** |
| **Celebrate!** | ***I will celebrate my success by:*** |

[**www.SongsForYourSpirit.com**](http://www.SongsForYourSpirit.com)

**Jeanne Loehnis, Inward Journey Life Coach**

* + **S**pecific:  Identify a specific action or event that needs to take place.

"To find a job" is too general; "to find, research, and apply for five job openings before the end of the month" is better. Sometimes a more general goal can become the long-term aim, and you can identify some more specific goals to take you there.

* + **M**easureable:  The goal and its benefits should be quantifiable.
  + **A**chievable:  The goal should require you to stretch yet be attainable given available resources. [Goals can be broken down into several goals!]
  + **R**esonant:  The goal must align with your personal values and vision, it should resonate within you. Does achieving this goal make you light up? Does it fill you with excitement and energy? Does it feel right? Does it open doors to other possibilities for you?
  + **T**imely or **T**hrilling:  The goal should state a date or the time period in which it will be accomplished and be relevant to this period of your life. Thrilling goals are big enough to invite you to focus on the journey and *how you will be transformed in the process rather than just the goal itself.*