



▶ **Define your objective using the SMART Principle**

Write a succinct statement that reflects your thoughts on the following points:

- ▶ **S**pecific (Describe exactly what you want)
- ▶ **M**easurable (How will you know if you've achieved it)
- ▶ **A**tttractive (Is this something you really want?)
- ▶ **R**ealistic and Relevant
- ▶ **T**ime Frame (Commit to a date it needs to happen)

▶ **What are the benefits to you and others if you achieve this objective? Include how you'll feel when you achieve it.**



▶ **What are you putting to risk for yourself and others if you don't achieve this objective? Include how you'll feel if you don't do it.**

▶ **What are three (3) potential or real obstacles that stand in the way of you achieving your objective?**

1. _____

2. _____

3. _____

▶ **What are two (2) possible solutions for each obstacle?**

1. (a) _____

(b) _____

2. (a) _____

(b) _____

3. (a) _____

(b) _____



▶ **Create an Inspiration and/or Motivation Strategy. (Whichever best suits you and your objective)**

- ▶ Inspiration strategies keep you focused on what you're moving toward. (What you wish to acquire)
- ▶ Motivation strategies keep you focused on what you're moving away from. (What you wish to avoid)

Inspiration Strategy

Motivation Strategy

▶ **Develop an action plan of steps to take in chronological order, starting with the first step needing to be taken in 24 hours.**

In the next 24 hours, I will:
