

Goals: Small, sweet steps to the life you want to live

"What is a goal? *An area or object toward which play is directed in order to score. A powerful goal gives you an opportunity to demonstrate what has true meaning for you.*

- **A goal is**
 - an expression of how you want to live out one of your life's purposes in physical reality.
 - a clear, specific promise that you make to yourself that you are really going to do.
 - within your power to achieve and not based primarily on the actions of other people.
 - a *yes*, not a *no*: *Creating or achieving* something, not *stopping* something.
 - not an open-ended process: you complete it, rejoice, and go on to the next.

Creating SMART Goals

Use the guidelines below to stay focused when creating your goals:

- **Specific:** Is the goal clear and precise?
- **Measurable:** How will I know I accomplished this?
- **Attainable:** Is it a stretch but not impossible?
- **Relevant:** To which life's purpose does this goal relate?
- **Time-based:** What is the date to be accomplished?

Examples of SMART goals

Goals are written in present participle to bring forth your energy and are directly connected to one of your life's purposes.

NOT A GOAL: I am offered a leading role in the play by September 15, *(current year)*.

NOT A GOAL: I will audition for a leading role in the play by September 15, *(current year)*.

GOAL: I audition for the leading role in the play by September 1, (current year).

Life's Purpose: To be a successful actor

NOT A GOAL: I meditate every day.

NOT A GOAL: I will meditate every day.

GOAL: I attend a 3-day meditation retreat by October 31, (current year).

Life's purpose: To be spiritually developing

NOT A GOAL: I lose 20 pounds.

NOT A GOAL: I will lose 20 pounds.

GOAL: I hike Mount Shasta by May 31, (current year).

Life's purpose: to be physically fit and healthy

30-Day Success Plan

Write your goal below:

Example: I run the Love to Give 5K on February 4, 2023.

Why is this goal important to you at this time in your life? Why now?

How is this goal connected to your purpose in life? How is this fulfilling to your spirit?

What will be different about your life after this goal is achieved? How will you live the life that you want to live?

Now that the importance, purpose, and effect of this goal has been established, you are on the right track of creating the life that you want and deserve! Now, you will break your goal into small, sweet steps.

Write your 30-day goal here

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Next, examine your goal and break it down into 4 smaller, weekly goals that you will accomplish by the end of each week.

Week 1	
Week 2	
Week 3	
Week 4	

Now, let's look at each week. How will you accomplish your weekly goal? Use the calendar and write what you plan to do each day of the week to meet your weekly goal. Be sure to include your 30-day goal along with the weekly goals in the appropriate spaces. After completing this step of the process, you should have a calendar with activities each day. As a result, you will have a simple, 30-day plan to support you in meeting your monthly goal.

Congratulations! You created an effective plan to support you in creating the life of your dreams. Through these small, sweet steps, you are closer to living a life of joy and satisfaction.

For people that are very serious about accomplishing this goal, it is recommended that you create a vision board to support you in manifesting your life's desires. In addition, you may also want to consider coaching to support you in accomplishing this goal with more clarity, focus, ease, and grace. For more information, please contact Temple Robinson Coaching at www.templerobinson.com.

30-Day Goal

Weekly Mini Goals	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							
Week 2							
Week 3							
Week 4							
Notes							