

SMART Goals – The Key to Successful Planning and Goal Setting in Your Life!

By Jago Holmes CPT

In virtually everything we do, there is a way that almost guarantees success. It's not a difficult thing to do, but **hardly anyone does it** and it's something as simple as setting yourself goals and targets.

Goal setting is very important and it can play a big role in achieving success in all aspects of your life, not just your running.

There is vast range of goal setting techniques out there, but one of the easiest and most effective techniques is to simply take a pen and paper and write down a collection of SMART goals. Once a goal is recorded, it becomes far more likely to be achieved.

Many people have discovered one of the secrets of success, which is using the SMART goal setting technique. The chances are SMART goals have helped most of the famous and successful people you know achieve their success.

But what is a SMART goal?

The SMART acronym can be broken down in to the following meanings...

S is for Specific

A very effective technique in successful goal setting is to make your goals as specific as possible. Your goals should be clear and precise. Your goals should emphasize exactly what you want to achieve and why you want to achieve it. Once you know what you want then you need to decide how you're going to reach these goals, specifically the steps you have to do to reach them.

M is for Measurable

In setting goals you must be confident that you can actually achieve them. You can only tell whether you've succeeded in reaching a goal if it can be measured. To ensure your success in achieving your goals, you'll need to keep a track of your progress. To do this, try and find tangible ways of measuring and recording the things you do that take you towards your ultimate goal.

A is for Achievable

The goals you formulate need to be achievable, which means you should have the ability to reach them. Don't dream up any goals that there is no physical way you could ever achieve because this is a very demotivating process.

R is for Realistic

Make your goals realistic and be as honest as possible. They shouldn't be too difficult for you to do, otherwise you'll just be setting yourself up for some major disappointments. You have to ensure that you can really achieve your goals based on your ability, capability, and resources.

T is for Time Framed

You can set your goals successfully by organizing them based on importance and priority. You should clearly identify your short term and long term goals. Doing this means you'll learn to do the first things first and get your priorities right. Come up with goals that are applicable to the present time, where you are now, and what you are capable of achieving in the future.

Now that you know what SMART goals are, you can apply them to the things you want to change or accomplish in your own life.

When writing your goals, remember to bear in mind that they need to be specific, measurable, achievable, realistic, and time framed.

On the next page is a form you can use now to record your own SMART running goals.

Aims and Objectives

4 Week / Short Term Aims

AIM #1
AIM #2
AIM #3
AIM #4

To Achieve This I Will : -

8 Week / Mid Term Aims

AIM #1
AIM #2
AIM #3
AIM #4

To Achieve This I Will : -

Long Term Aims

AIM #1
AIM #2
AIM #3
AIM #4

To Achieve This I Will : -