

Set a realistic goal



S

Specific

Clearly State your Goal

M

Measurable

Ensure you can Measure Success

A

Attainable

Set Goals you know you can Achieve

R


Relevant


Set Goals Relevant to your Career or Education

T

Time-Based

Set a Deadline for Completion

 *Reduce weight
upto 6_8 kgs in 3
months*


 *Reach an annual
income of by the
end of 2024.*


✿ *Study 10 hours per day to get a good rank*


✿ *Reduce my anger by this year end by doing meditation everyday for an hour*

☘ *To meet my best
friends weekly once to
maintain healthy
relationships*

☘ *Earn more money
in 3 years.*

 Become popular
by this Year end by
doing adventures.

 Identify a
behaviour that
trouble me and
prepare an action
plan to modify it in
21 days.

 Do service as a
volunteer at blood
campaigns once in
every month.

☘ To take 2-3 new steps a week for 2 months to improve the quality of my relationships at work

"Whether I'm at the office, at home, or on the road, I always have a stack of books I'm looking forward to reading"

Bill Gates



SMART GOAL EXAMPLE



Specific?

"from my book list" is good specificity
"Read" is ok but "finish" for example would be a better word (easier to say with certainty if it's been done or not)

Measureable?

50 books

To read 50 books from
my book list
this year

Timed?
this year

Relevant?

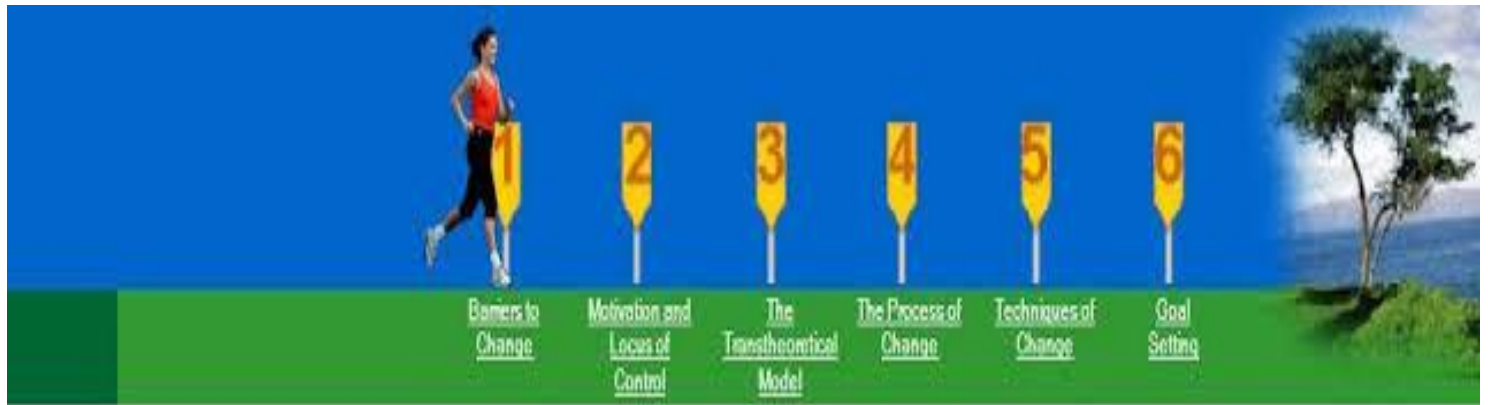
Depends. Is the timing good? What else is going on? Is this attached to a larger dream? Is the quality of the books good?

Attainable?

This would depend on multiple factors. The reading speed of the goal setter, available time. Is it both challenging and possible considering all?

To be debt free by 2026

- ***Specific*** - debt-free. More detail may be helpful in this case. i.e. to pay off my mortgage, loan, and 3 credit cards. Details make it real.
- ***Measurable*** - free of debt is measurable
- ***Attainable (and challenging)*** - Hard to know without unique knowledge of goal-setter
- ***Relevant*** - Almost certainly. Perhaps there is the question of ideal timing, and comparison to other priorities and relevant goals
- ***Timed*** - by 2026

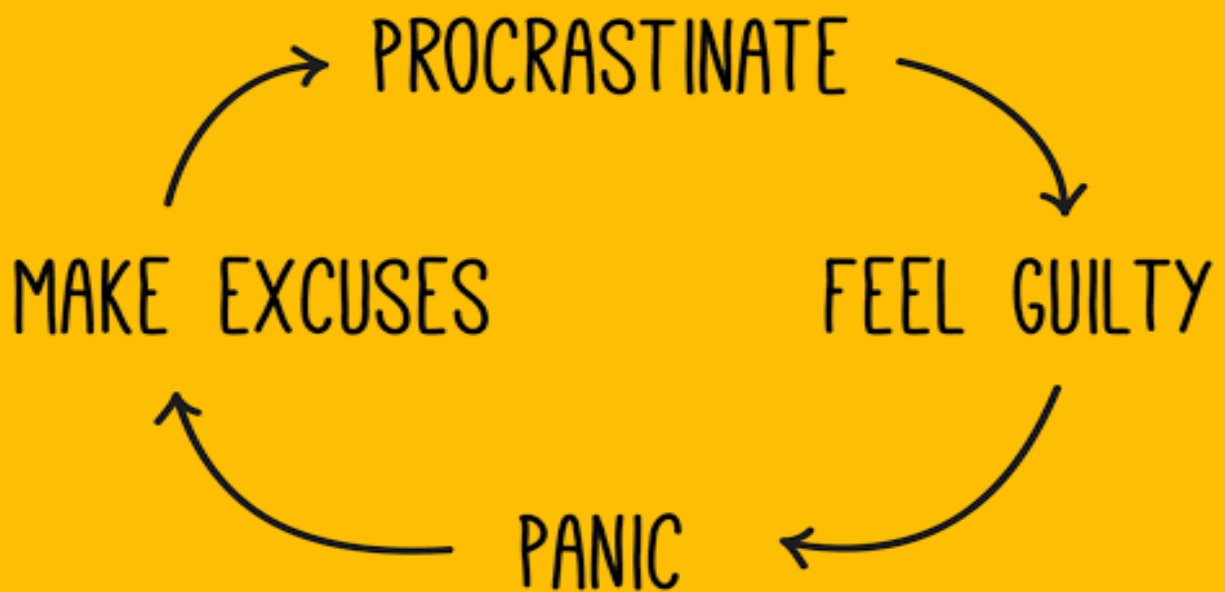


Barriers to Change

- ▶ Procrastination
- ▶ Preconditioned cultural beliefs
- ▶ Gratification
- ▶ Risk complacency
- ▶ Complexity
- ▶ Indifference and helplessness
- ▶ Rationalization
- ▶ Illusions of invincibility



THE PROCRASTINATION CYCLE



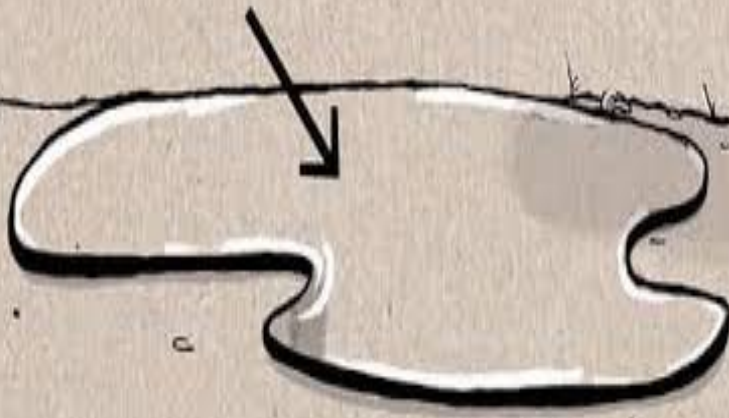


ME



INSTANT
GRATIFICATION

TO DO'S
→



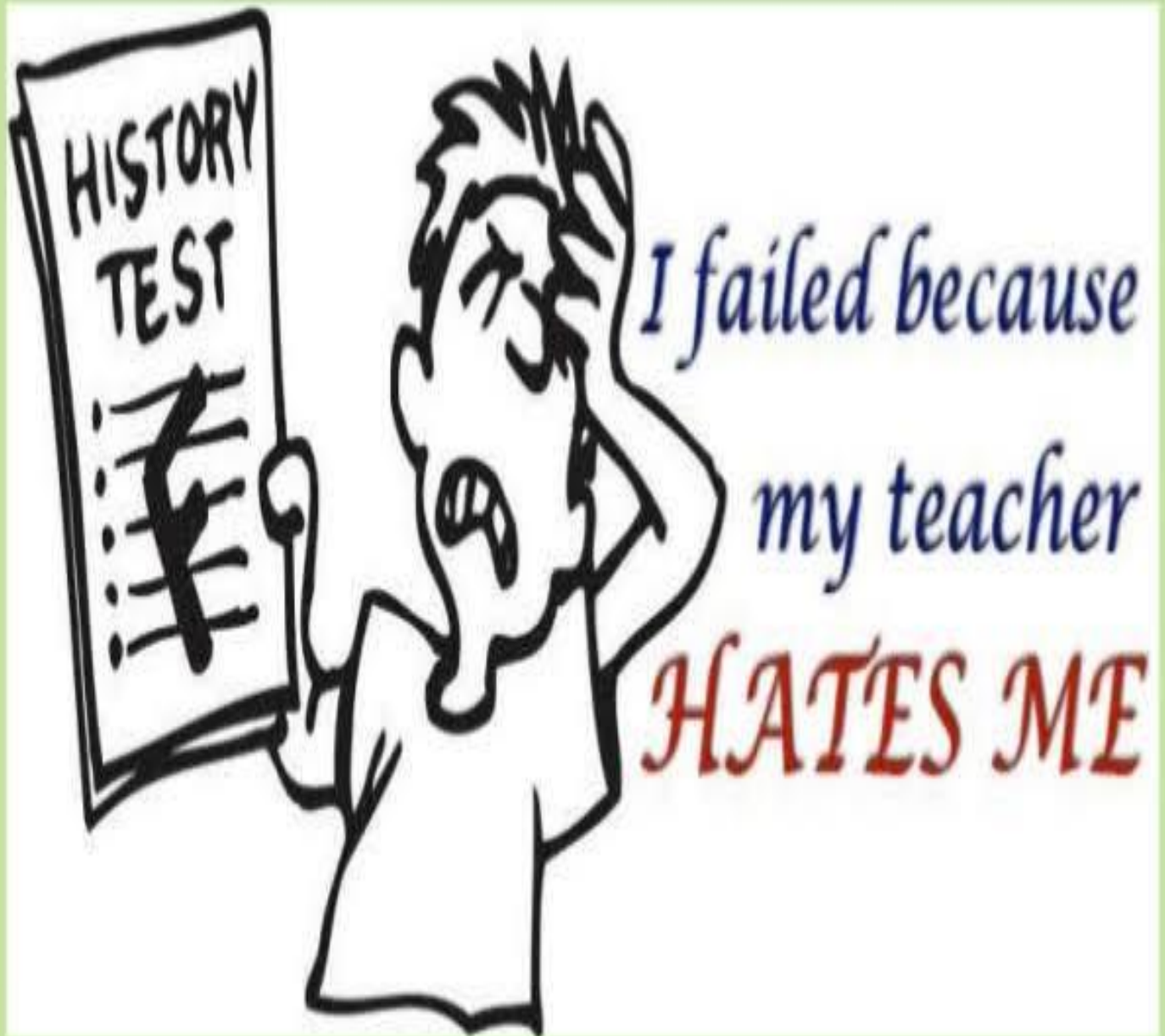
@ragdoodles







RATIONALIZATION



CONFIDENCE LEVEL



— INVINCIBLE

— STRONG

— STEADY

— BUILDING

— FAIR

