

SESSION *three*



smart goals



“

If you don't know where you are going, you'll end up someplace else.



If you set a goal that is attainable without much work or thought, you are stuck with something below your true talent and potential.

“

You have to set goals that are almost out of reach.



A photograph of three women of different ethnicities smiling and talking to each other. The woman on the left has blonde hair and is wearing a dark top. The woman in the middle has dark hair and is wearing a blue patterned top. The woman on the right has dark hair and is wearing a pink and white striped top. They are all looking towards each other and appear to be in a positive conversation.

REVIEW

THE PURPOSE OF GOAL SETTING AND TIME MANAGEMENT

- ✔ Define your goals.
- ✔ Determine your actions or what steps to take.
- ✔ Prioritize what is important.
- ✔ Focus your energy and effort.
- ✔ Make better decisions.



Be SMART

when setting your next goal.

SMART goals tell us:

How we'll know if we have achieved our goal?

How we'll measure our goal?

How we'll go about achieving this goal?



M A R T

Specific

Goals should be clearly written and define what you are going to do.

What will the goal accomplish?

It may help to answer what, why and how questions regarding the goal.



S

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Measurable

How will you measure whether or not the goal was reached?

The goal should be measurable.

Sometimes the measure is several short-term or smaller goals that need to be reached.



S M **A** R T

Attainable

Is the goal possible?

Have others completed it?

Healthy goals should stretch you beyond your comfort zone but be realistic.

The goal should motivate the person.



SMART

Relevant

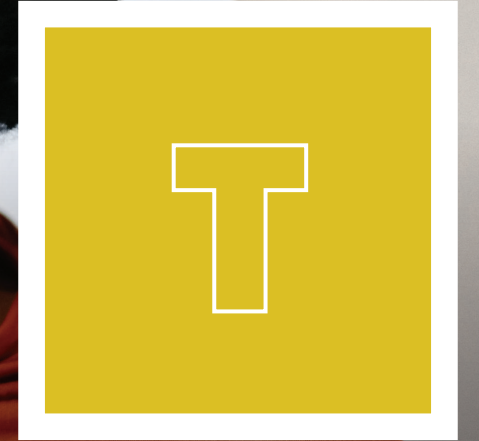
The goal should measure outcomes, not activities.

What is the benefit or how does this goal help fulfill your mission and vision?

The goal should directly connect to the mission and vision of the person or organization.



S M A R



Time-based

The goal should have a sense of urgency.

The goal should have a specific end date or assessment point.

Does the established date to complete the goal create a sense of urgency?



We must use time wisely and forever realize that the time is always ripe to do right.

Nelson Mandela



A close-up portrait of a man with a mustache, smiling warmly. He is wearing a blue and white plaid button-down shirt. The background is a soft-focus outdoor scene with greenery and sunlight filtering through trees, creating a bokeh effect.

Matthew 25:14-30

God's Expectations

God gives us access. He wants us to take action and be accountable.



Lost time is never found.





research + exploration

Box Breathing