

Live a Simpler, less
cluttered life

Goal Setting and Yearly Resolutions

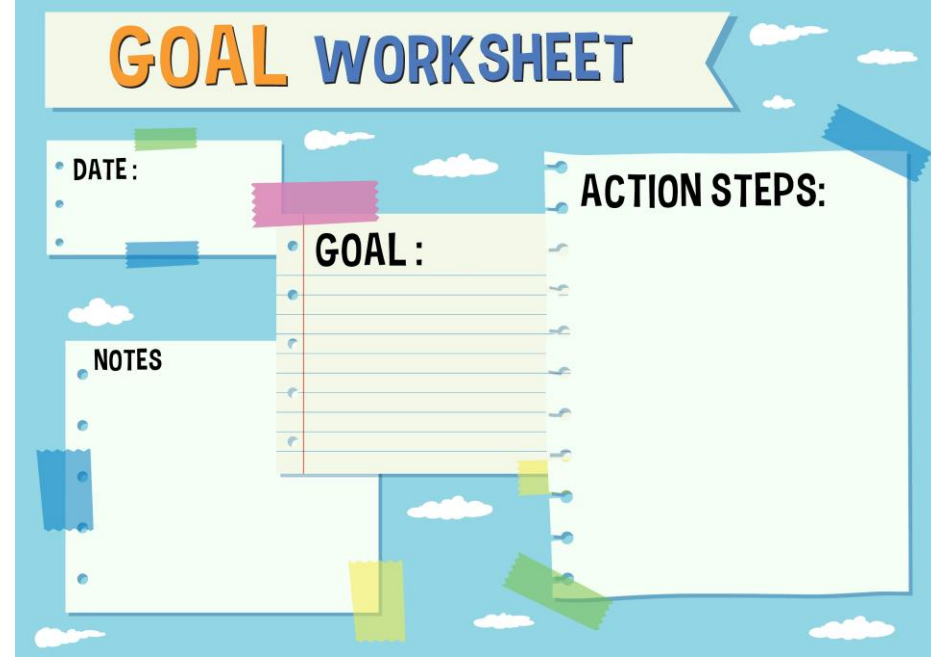
Resolutions are often...

- Often thought of spur of the moment.
 - ie. When sitting around with friends who ask what your New Years resolution is going to be.
- Made because of a date on the calendar
- Not specific – I'm going to lose weight, get organized, get my finances under control, etc.
- Unrealistic
- No plan included – Magic will happen
- Same as a friend's so you can "do it together"
- Same as last year and the year before and the year...



Goals are...

- Planned out in advance
- Attacked one at a time
- Have intermediate steps
- Need to fit into your overall lifestyle goals and plans
- Can be long or short term
- Are specific to that person
 - May include other people but the goal is for each individually



Getting started

- Figure out the over-all goal. Must fit in with your other goals and plans.
- Make it SMART
 - Specific
 - Measurable
 - Achievable
 - Relevant
 - Time-bound
- For example: Instead of saying “I’m going to get fit” think “I’m going to run a 5k by the end of the year”

SMART GOALS



SPECIFIC

Your goal should be clear and specific, otherwise you won't be able to focus your efforts or feel truly motivated to achieve it.

MEASURABLE

Your goal should be measurable, so you can track the progress and meet the deadlines, and check the performance.



ARCHIEVABLE

When you set an achievable goal, you may be able to identify previously overlooked opportunities.

RELEVANT

We make sure that the goal matters and that it aligns with other relevant objectives. Your goal must be realistic.



TIME-BOUND

Every goal needs a deadline. So you have some motivation. It helps to create priorities, and also set a timeline.



A GOAL
WITHOUT
A PLAN
IS JUST
A WISH



Break it down

- Take the long-term goal and break it down into several, trackable smaller goals
- Keep breaking it down until you get to VERY small units.
- Add dates to each goal.

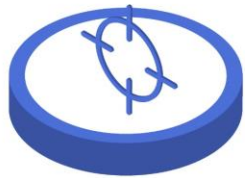


Boosts

- Habit Stacking - Tie this new habit/goal to a habit you already have. Starting cold is much more difficult and easier to forget or delay
- 15 minutes a day/1 task a day towards the goal, etc.

SMARTER Goals

S



Specific

M



Measurable

A



Achievable

R



Realistic

T



Time Bound

E



Evaluate

R



Reward

Follow Up

- Have a plan for when you backslide
- Schedule Resets
 - Evaluate progress
 - Evaluate timing
 - Reset goals depending on the results of the evaluation
 - Plan next steps





M | S

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