

Achieving Your Goals – The SMART Way

The writers of fairytales would have us believe that wishing hard enough and a benevolent fairy godmother are all you need to realise your dreams. In the real world however, if you want the happy ending and the pot of gold at the end of the rainbow, sometimes you have to get out there and work at it.

Goal setting can work for all areas of your life, whether it is saving money for something special, getting better grades at school or improving your tennis game.



Here is the SMART way to make your dreams come true

- S** Is for **SPECIFIC.** Vague ideas yield vague results.
Be clear on what it is you want to achieve
Your Turn – Write a target for your goal here
- M** Is for **MEASURABLE** Add some numbers.
a school grade, dollars in the bank, a pennant level
Your Turn – Write a measurement here (how will you know when you have hit the target?)
- A** Is for **ACHIEVABLE** What do you need to reach your goal?
Arm yourself with the knowledge, tools and support crew to succeed
Your Turn – Write a list of things you will need
- R** Is for **REALISTIC** If you have set yourself a big task, break it down into bite size chunks.
Big, audacious goals are great, but if you want to get to Wimbledon you may have to win some local competitions first.
Your Turn – list some steps to your target here
- T** Is for **TIMELY** Set a time frame, and stick to it. An event, such as the City to Surf or planned holiday can be a great motivator.
Your Turn – set a deadline

Work Out My Butt Abs & Thighs

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Time to put it all together

My goal is to.....

The steps to reaching my goal are.....



Don't be afraid to set yourself big goals - © Kookaburra Productions Pty Ltd

Finally, don't forget to plan your reward for reaching your goal.

When I reach my goal I will feel.....

And I plan to celebrate by.....



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