

SMART GOALS

SMART GOALS are what I find to be an effective tool for obtaining health and happiness. This form will help you identify your desires and dreams and make them a reality. It is best to work on less than 3 goals at a time so you can stay motivated and focused. Each and every achievement should be celebrated. Stay on track and if you need extra support, get in touch with me on Instagram @PTMollie or send me an email mollie@ptmollie.com.



Your goals need to be specific. For example, if your goal is 'to become fit' you will need to polish it up a bit by choosing an individual activity such as 'running' or 'drinking more water'. Next, decide how to measure the activity (such as a length of time, portion size, or number of repetitions). Third, check if this goal is attainable - do you have time to achieve this goal? Next, is this goal relevant to you - are you an aspiring runner, want to lose weight, or have more energy? Finally, make your goal timebound by setting a realistic deadline.

Not sure where to start? My personal top 5 are: (don't forget to make them SMARTer): unplug one hour a day; read a new book; attend a Park Run; go to a different museum once a month; try a new group exercise class every week for a month.

GOAL #1:

1

IS IT SPECIFIC MEASUREABLE ATTAINABLE RELEVANT TIMEBOUND

GOAL #2:

2

IS IT SPECIFIC MEASUREABLE ATTAINABLE RELEVANT TIMEBOUND

GOAL #3:

3

IS IT SPECIFIC MEASUREABLE ATTAINABLE RELEVANT TIMEBOUND

Now that you have your goals set, hang this up somewhere where you will see it daily. Keep a photocopy in your wallet or hang it up on your desk. Look at these goals when you feel you might be wavering. Remember that you picked these goals for a reason, so don't give up!

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