

Be thoughtful and **specific** about what you want to focus on.

Pick a goal that is **measurable** so you can continually monitor your progress.

Set yourself up for success by choosing something that is **achievable**.

Be **realistic** when choosing your goal. Think about how it will affect your day-to-day life.

Be aggressive and realistic when setting your end **time** or date. Knowing there’s an end in sight will help you focus and push yourself.

Turning Ideas Into Achievable Results


S
M
A
R
T
SPECIFIC
Plan effectively with specific targets in mind.
MEASUREABLE
Track your progress and reevaluate along the way.
ATTAINABLE
Set realistic goals that are challenging but achievable.
RELEVANT
Ensure the goal serves a relevant purpose.
TIMELY
Specify a deadline, monitor progress and reevaluate.
G
O
A
L
S

What Is Goal Setting?

Goal setting is the process of deciding what you want to achieve and creating a plan to reach it.

Goals can be related to:

- Education
- Career
- Finance
- Health and fitness
- Personal development
- Relationships
- Life achievements

In Balance

"Your goals must be in balance and cover the three most important areas of your life. They must be in harmony with each other."

1 "WHAT" GOALS

Business, career and financial goals. These are "WHAT" you want to accomplish in life

2 "WHY" GOALS

Personal, family and health goals. These are "WHY" you want to accomplish your business and career goals

3 "HOW" GOALS

Personal and professional growth. These are "HOW" you achieve the "WHAT" and enjoy the "WHY"

"Continue working on these goals at the same time, to be happy and effective in your life."

Brian Tracy

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Why Are Goals Important?

Setting goals helps us:

- Know what we want
- Give direction to our actions
- Stay motivated
- Use our time effectively
- Measure our progress
- Achieve better results

A clear goal gives you a clear direction.

What Are SMART Goals?

SMART is a framework used to create clear and effective goals.

S Specific
M Measurable
A Achievable
R Relevant
T Time-bound

A SMART goal is clear, realistic, measurable, meaningful, and connected to a deadline.

S: Specific

A goal should clearly explain what you want to accomplish.

Instead of: “I want to improve my life.”

Say: “I will exercise regularly and improve my physical fitness.”

Ask yourself:

- What exactly do I want?
- Why do I want it?
- What actions are required?


be
specific!

M: Measurable

A goal should include a way to measure progress.

Instead of: “I want to save money.”

Say: “I will save 5,000 birr over the next five months.”

Ask:

- How much?
- How many?
- How often?
- How will I measure success?



A: Achievable

A goal should be realistic and possible to accomplish.

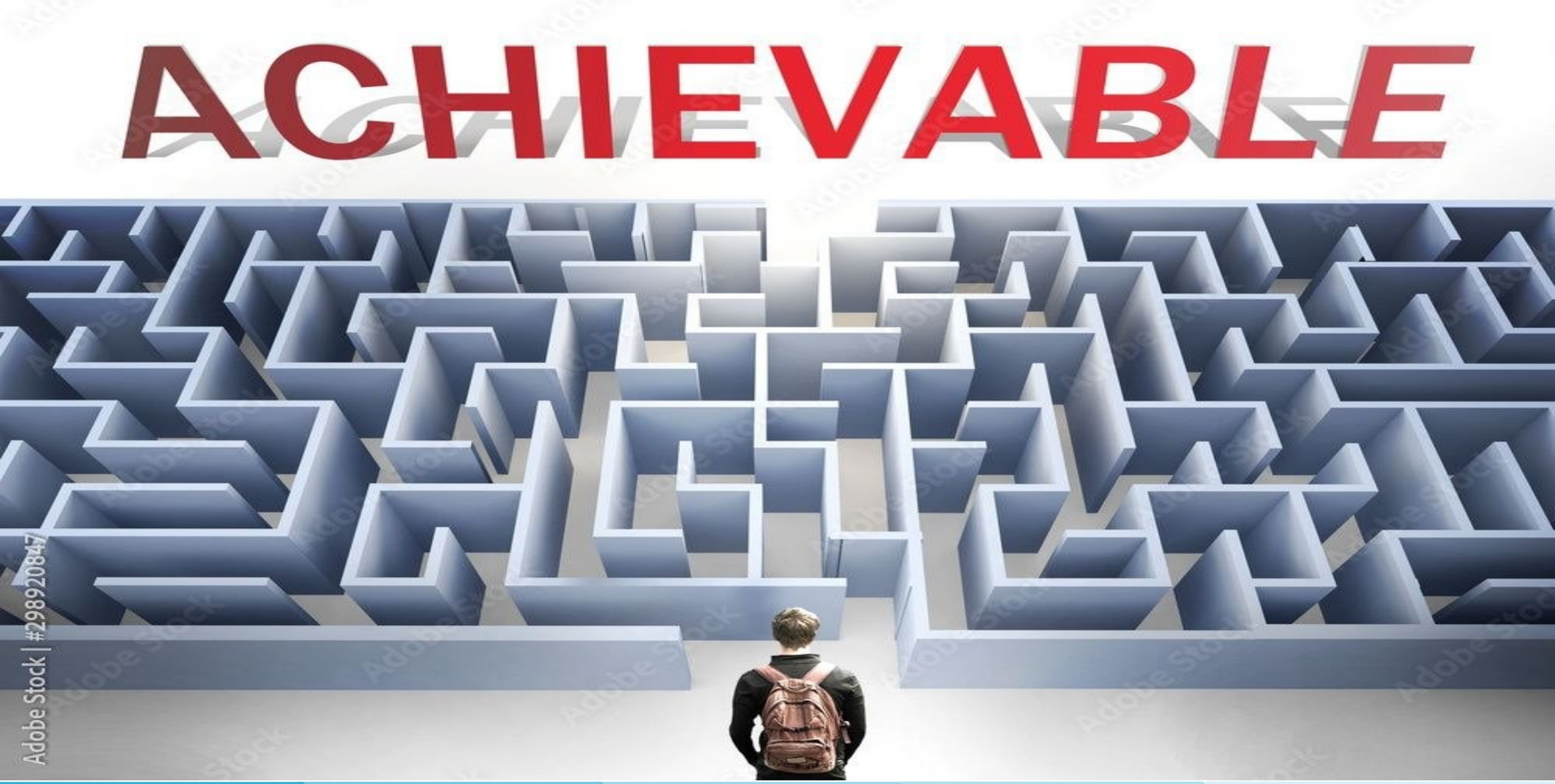
An achievable goal:

- Challenges you
- Matches your resources
- Fits your abilities
- Can realistically be completed

Example:

 “I will become fluent in a new language in one week.”

 “I will practice the language for 30 minutes every day for six months.”


ACHIEVABLE
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R: Relevant

A goal should be meaningful and connected to your priorities.

Ask yourself:

- Why is this goal important?
- Does it support my future?
- Does it match my values and priorities?
- Will achieving it make a meaningful difference?

Relevant goals give us a reason to keep going.



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T: Time-Bound

A goal should have a clear deadline or timeframe.

Instead of: “I will start exercising.”

Say: “I will exercise for 30 minutes, five days a week, for the next three months.”

A deadline helps you:

- Stay focused
- Avoid procrastination
- Monitor progress
- Take action



Example of a SMART Goal

General Goal: “I want to improve my health.”

SMART Goal: “I will walk for 30 minutes, five days a week, for the next three months to improve my physical fitness.”

Specific: Walking for fitness
Measurable: 30 minutes, 5 days/week
Achievable: Realistic activity
Relevant: Improves health
Time-bound: 3 months

How to Achieve Your Goals in 10 Steps

YourTherapySource



How to Achieve Your Goals

1. Define your goal —> Know exactly what you want.

2. Make a plan —> Break the goal into smaller actions.

3. Take action —> Start instead of waiting for the perfect time.

4. Track progress —> Regularly check how far you have come.

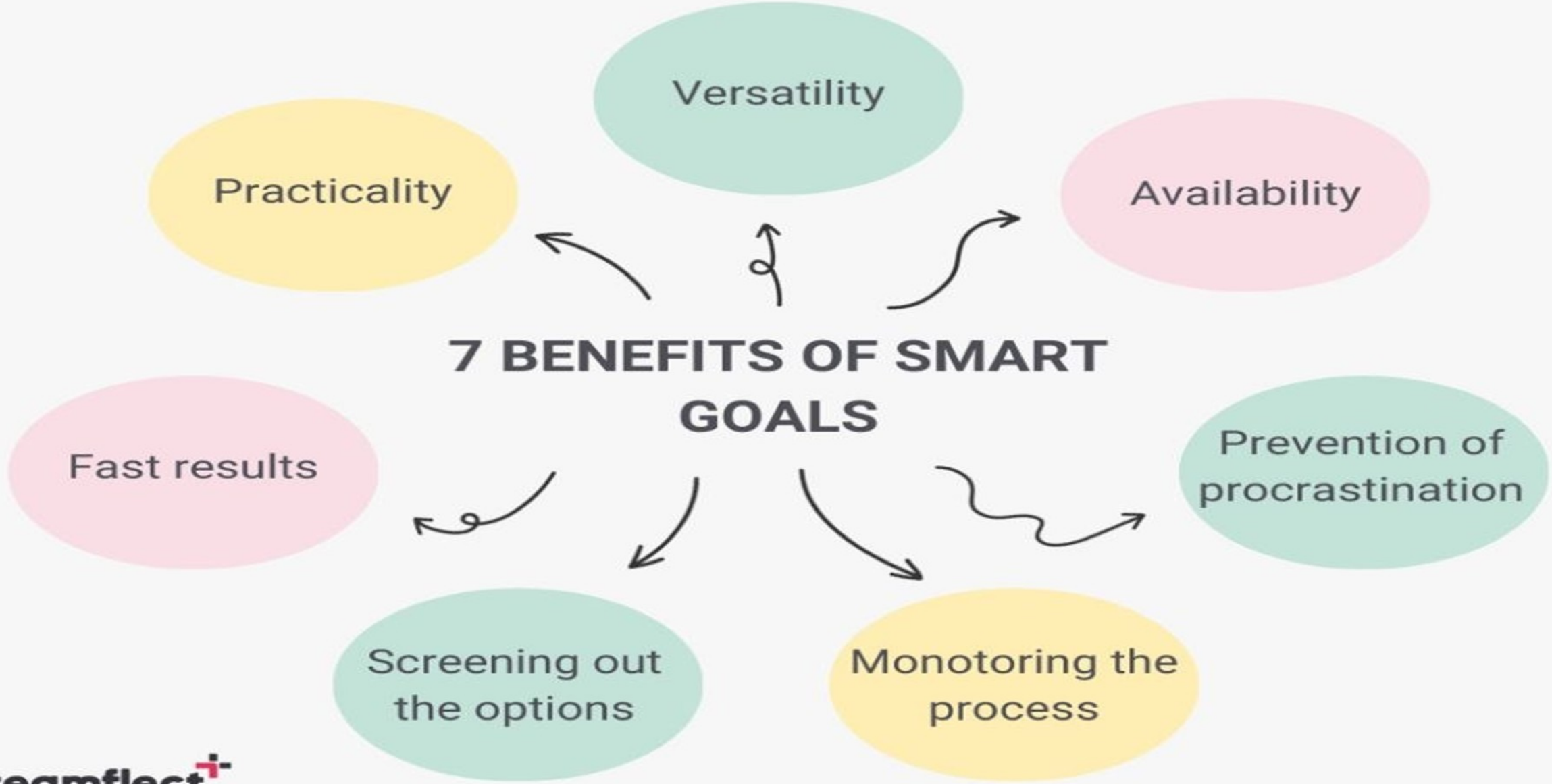
5. Adjust when necessary —> Learn from challenges and improve your plan.

6. Celebrate success —> Recognize your progress and achievements.

Benefits of SMART Goals

SMART goals help people:

- Stay focused
- Increase motivation
- Manage time effectively
- Track progress
- Make better decisions
- Turn plans into action
- Achieve meaningful results


Versatility
Practicality
Availability
7 BENEFITS OF SMART GOALS
Fast results
Prevention of procrastination
Screening out the options
Monotoring the process

teamflect

Common Problems With Goal Setting

Some common challenges include:

- Setting unrealistic goals
- Lack of planning
- Procrastination
- Losing motivation
- Not tracking progress
- Fear of failure
- Trying to achieve too many goals at once

Solution: Start small, stay consistent, and review your progress regularly.

Key Takeaway

A good goal is not just a wish.

A SMART goal gives you:

A clear target → A measurable plan → A realistic path → A meaningful purpose → A deadline

Remember:
S → Specific
M → Measurable
A → Achievable
R → Relevant
T → Time-bound

“Set your goal.
Make your plan.
Take action.
Keep moving forward.”

Thank You for Reading!!!