HOW TO SET "SMART" RESOLUTIONS IN 2020

This is not only a new year, but a new decade when so many of us will make resolutions such as taking charge of money, getting fit, starting a new hobby, decreasing screen time, etc. The problem is that most of these good intentions fail as wishful thinking without a plan. A tried and true method that will get you closer to your target is to set goals as follows:

Specific

- o Write your goals by hand in a planner. Pick only one or two and make them focused.
- o Saying you want to lose weight is not specific. Instead, state the goal as '*I want to lose 20 pounds*' or '*I want to walk 3 miles a day*'.

Measurable

- o Break your goal into doable chunks. In your planner, write down what steps you need to do daily, weekly and monthly that allows you to reach the specific goal.

Achievable

- o Ask yourself, do I have the ability to do this? You don't want your goals to be easy, so stretch yourself. On the other hand, don't try to do something that will end up discouraging you.
- o Remember, there will be obstacles along the way. Write down all the possible obstacles and a plan to address these. Daily journaling will help this process.

Relevant

- o Ask yourself, why do I want to do this, do I have the resources to accomplish this and is it achievable in the time frame I have decided? Write the answers in your planner. If it is too aggressive, step back and modify.

Time Sensitive

- o Set a time limit. You need a deadline.
- o Use your planner to keep to the time frame you have established.

Don't get discouraged! If you stay focused on the goal and keep taking small steps toward achieving it, you will be on your way to big changes.

Source: www.daveramsey.com/blog/smart-goal-setting

"I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." 3 John 1:2