



Goal Setting: the SMART System with Lani Muelrath, M.A.

Boot Camp Mind™ demands that you clarify what you want to become, create, and realize. To help you focus, and to begin with powerful intention, setting up clear goals will help keep you on track.

Goal setting strategies and protocol the SMART system

Goals should be:

- **Specific**
- **Measurable**
- **Attainable**
- **Relevant or Realistic**, and
- **Timely**.



Specific: Take a stand on what specifically you are seeking to achieve with this class. It could be related to establishing a powerful new habit of exercise or eating. It could be to shake yourself of some eating habits that spiral you downward. It could be to realize a specific size or weight, or to become comfortable in a better-fitting pair of jeans. Find what are powerful symbols of *your* ideal. This helps give purpose and meaning to your daily activities.

Answer the 6 "W" questions:

- *Who: Who is involved?
- *What: What do I want to accomplish?
- *Where: Identify a location.
- *When: Establish a time frame.
- *Which: Identify requirements and constraints.
- *Why: Specific reasons, purpose or benefits of accomplishing the goal.

EXAMPLE: A general goal would be, "Get in shape." But a specific goal would say, "Join a health club and workout 3 days a week."



Measurable: Are the specific goals you listed measurable? How can you tell that you have achieved them, or drawn close to them? If it is a goal to do every portion of the exercise schedule, yes, that is measurable. If you are going to take body measurements, that is measurable. If you are going to move through the month and fully implement dietary guidelines - measurable.

Establish concrete criteria by which to measure your success.

Attainable: Can you attain this goal? If you are 5'4" and want to be 5'8", it is not an attainable goal.

When you identify goals that are most important to you, you begin to figure out ways you can make them come true. You develop the attitudes, abilities, and skills to reach them. You begin seeing previously overlooked opportunities to bring yourself closer to the achievement of your goals. This is an amazing process. Identifying and setting intention of goals somehow clears your vision so that you recognize those opportunities - sometimes that have been right in front of you the whole time.

Most any goal you set can be attained when you plan your steps wisely and establish a time frame that allows you to carry out those steps. Goals that may have seemed far away and out of reach eventually move closer and become attainable, not because your goals shrink, but because you grow and expand to match them.

Building your goals changes your self-image and increases your confidence with each little hair of attainment. You start to see yourself as worthy of these goals, and develop the traits and personality that allow you to bring them to actualization.

Realistic: Closely related to attainable, realistic means can it be achieved within the time frame. For example, an attainable goal might be to move from a size 16 to a size 8, but it is not realistic to set a goal to achieve that in one month.

Also, it must be a goal toward you are both **willing and able** to work. Don't set yourself up by creating a goal for yourself that you do not really value or desire. This is a common hidden obstacle. We think we want something, but maybe really attaining it is in conflict with our value, and our value will win every time. For example, if you desire a greater income and a lot of money, but you think that people with a lot of money are snobs or rip-off artists, then subconsciously you will not attain the wealth you desire



because who wants to be a snob or rip-off artist? It works the same for body shaping and weight goals. What are your opinions of attractive, trim women? You must be able to positively identify with being trim and attractive to be able to achieve it.

Timely: Also related to "attainable" and "realistic". Create a time frame for stages of achieving your success. Look beyond the course time frame, and create a larger ideal in the framework of months, a quarter, the year...your life! Then, create time frames for achieving benchmarks. Doing so sets your unconscious mind into motion on working toward your goal.

"T" also stands for tangible. Creating a vivid mental picture of your goal is a strong ally: can you feel, smell, taste, see your goal? Bring it to life!

