

# NAIL that Goal!

Name \_\_\_\_\_ Date \_\_\_\_\_

Write Your SMART Goal Here \_\_\_\_\_

(See next page for description of SMART and help with writing successful goals)

\_\_\_\_\_ by \_\_\_\_\_

## Motivation

<b>WHY I want this goal</b> (the 'outcome/s' you are looking for)	
<b>List ALL the Benefits here</b> (of achieving your goal)	
<b>The Big Benefit</b> (of achieving goal)	
<b>What is the PAIN?</b> (of not achieving your goal)	
<b>Achieving this Goal will also help me</b> (other areas)	

## Obstacles (also known as your secondary gain)

<b>I need to be aware that the BENEFIT to me of NOT completing my goals is</b>	
<b>Other obstacles to my success include</b>	

## Set Goal Levels (eg. your goal could vary on time, quantity, quality)

<b>MINIMUM</b>	
<b>TARGET</b>	
<b>EXTRAordinary</b>	

**How will you need to BE different?** (a worthwhile goal often requires us to look at/do things differently)

<b>In order to achieve this goal I will START doing</b>	
<b>In order to achieve this goal I will STOP doing</b>	
<b>In order to achieve this goal I will need to BE someone who is</b>	

**Moving forwards** ( eg. things, people, personal qualities, information, knowledge, skills, finance etc. )

<b>Resources available</b>	
<b>Resources I will need</b>	

**Taking ACTION** (make these things EASILY achievable so you feel good about taking action!)

<b>3 steps I will complete in the next WEEK that move me closer to my goals</b>	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>						
<b>3 steps I can complete in the next MONTH that move me closer to my goals</b>	<table style="width: 100%; border: none;"> <tr> <td style="width: 70%;"><b>1.</b></td> <td style="width: 30%;"><b>by</b></td> </tr> <tr> <td><b>2.</b></td> <td><b>by</b></td> </tr> <tr> <td><b>3.</b></td> <td><b>by</b></td> </tr> </table>	<b>1.</b>	<b>by</b>	<b>2.</b>	<b>by</b>	<b>3.</b>	<b>by</b>
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<b>2.</b>	<b>by</b>						
<b>3.</b>	<b>by</b>						



Smart Goals are

1) Stated in the POSITIVE. We tend to get what we focus on. Whenever we say “I want to stop biting my fingernails” our brain has to first build a picture of what you DON’T want – bitten fingernails - in order not to do it. Try NOT thinking of an alligator biting your toe...

EXAMPLES

Eg. “I have healthy fingernails” rather than “I want to stop biting my nails”

Eg. “I weigh 150lbs” rather than “I want to lose 20lbs”

2) Stated in the PRESENT TENSE. This helps the brain to assume you will be successful!

EXAMPLES

Eg. On 30th September I have healthy fingernails/have a new job/am running a mile in 8 minutes

NOW make sure your Goals are:

3) “SMART”

- Specific (the more specific you are the easier your goal is to achieve)
- Measurable (so you know when you have achieved it)
- Action-oriented (ie. you can DO something about it! Is it within your control?  
Ie. Winning the lottery is not a “SMART” goal)
- Realistic (Goals need to be both challenging to inspire you AND realistic so you set yourself up for success)
- Time-Bound (has a deadline)

**Lastly, describe a day in your life once this goal is completed:**

Imagine first waking up, describe how you feel. Now think about what you see and hear and physically feel.

Fully describe your day now this goal is completed.

Who are you?

Where are you?

What’s important to you now?

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**FINALLY, remember that goals are there to INSPIRE you, not to beat yourself up with!**