

The SMARTER Goal-Setting Template

source: Michael Hyatt

For Achievement Goals

ACTIONABLE

SPECIFIC, MEASURABLE, RISKY & EXCITING

TIME-KEYED

RELEVANT

For Habit Goals

ACTIONABLE

MEASURABLE, RISKY & EXCITING

SPECIFIC

TIME-KEYED

TIME-TRIGGER

STARTING DATE

STREAK TARGET

RELEVANT

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For Achievement Goals

Run

the DisneyWorld Marathon

by Sep 30

ACTIONABLE

SPECIFIC, MEASURABLE, RISKY & EXCITING

TIME-KEYED

RELEVANT

For Habit Goals

Meditate

for 10 minutes

at home

M-T-W-Th-F

ACTIONABLE

MEASURABLE, RISKY & EXCITING

SPECIFIC

TIME-KEYED

at 7am

starting Feb 1

for 4 weeks

TIME-TRIGGER

STARTING DATE

STREAK TARGET

RELEVANT