



## S.M.A.R.T. GOAL PLANNER

WHAT IS MY GOAL?

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IS MY GOAL S.M.A.R.T.?

<i>Specific:</i> What specifically will I achieve?	
<i>Measurable:</i> How will I measure it?	
<i>Achievable:</i> Is it achievable by me now?	
<i>Relevant:</i> Is it relevant to my larger goals?	
<i>Time-framed:</i> By what dates will I achieve it?	

WHAT RESOURCES DO I NEED TO ORGANIZE?

✓


WHAT DO I NEED TO SCHEDULE IN MY DIARY?

✓


WHAT MILESTONES DO I WANT TO REGOGNIZE?

WHAT REWARDS WILL I GIVE MYSELF?

✓


NOTES






# S.M.A.R.T. GOAL PLANNER – SAMPLE GUIDE

## WHAT IS MY GOAL?

To lose weight
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## IS MY GOAL S.M.A.R.T.?

<i>Specific:</i> What specifically will I achieve?	To fit into my skinny jeans
<i>Measurable:</i> How will I measure it?	My jeans will zip all the way up
<i>Achievable:</i> Is it achievable by me now?	Yes
<i>Relevant:</i> Is it relevant to my larger goals?	Yes
<i>Time-framed:</i> By what dates will I achieve it?	By my birthday this year

## WHAT RESOURCES DO I NEED TO ORGANIZE?

✓

Ask Sally to be my goal buddy	.
Buy comfortable walking shoes	.
Buy a rain hoodie	.
Get some motivational magazines	.

## WHAT DO I NEED TO SCHEDULE IN MY DIARY?

✓

Schedule 3 x 30-minute walks per week	.
Schedule 2 x bike rides per week	.
Schedule menu planning	.
Schedule menu shopping	.

## WHAT MILESTONES DO I WANT TO REGOGNIZE?

## WHAT REWARDS WILL I GIVE MYSELF?

✓

Jeans go over my knees	Manicure	.
Jeans go over my hips	Pedicure	.
Jeans will zip up with effort	Facial	.
Jeans zip up comfortably	Full body massage	.
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## NOTES

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## About The Author



Michele Connolly is the creator of [Life & Goal Organizer](#), a unique, motivating system that helps people organize their goals, plans and life.

In creating tools that help people live happier, more organized lives, Michele draws on her skills and knowledge as a **qualified life coach**, her **psychology and business degrees**, and independent research she has undertaken for her **thesis on happiness**.

Michele's background includes managing busy marketing departments for large financial institutions and running her own successful small businesses – difficult environments that have allowed her to demonstrate the **effectiveness of her personal organization strategies**.

Michele has gained post-graduate professional writing qualifications, which she uses to create life-coaching tools that are both **easy and enjoyable to use**.

She is regularly invited to speak on **happiness** and **personal organization**, her two passions.

Michele's company is called [Happiness Strategies](#), reflecting her philosophy that people can **choose** strategies to increase the happiness in their lives and the lives of those around them. She believes it's easier to be happy if you **set goals to work on** and **take steps to be more organized**.

## Achieve Goals, Get Organized, Be your Best

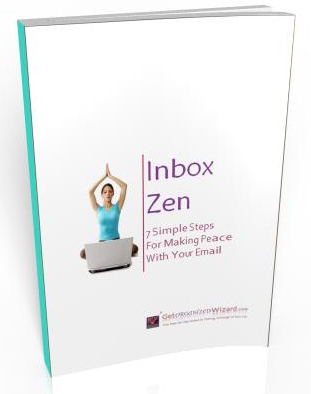
### [Life & Goal Organizer Deluxe](#)

is a fully interactive, step-by-step system for taking charge of your life. It includes more than 150 goal checklists across 12 life areas. You can organize all your goals and plans with these unique and motivating ready-made action plans.



### [Inbox Zen | 7 Simple Steps For Making Peace With Your Email](#)

shows you: How to achieve an empty inbox; How to never 'check' email again; The only 4 things you should do with email; 5 strategies for radically simplifying your e-life; 4 steps for tackling an out-of-control inbox. Includes a 25-Point Action Checklist.



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For more on setting goals, getting organized and being your best, visit

[GetORGANIZEDWizard.COM](http://www.GetOrganizedWizard.com)  
The Step-by-Step System for Taking Charge of Your Life

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